



One-pan simple summer chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 800 g potatoes cut into chunks
- ☐ 1 garlic bulb
- ☐ 2 tbsp olive oil
- ☐ 200 ml chicken stock see
- ☐ 1 optional: lemon halved
- ☐ 2 courgettes thick cut into batons
- ☐ 1 chilli red deseeded sliced

☐ 1 large handful basil leaves

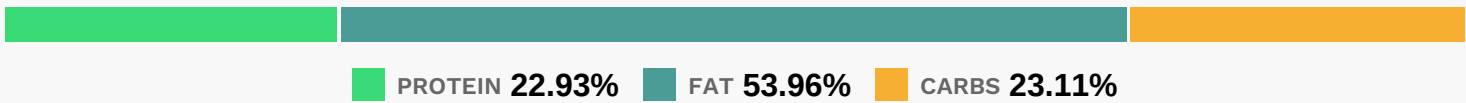
Equipment

☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Pop the chicken, skin-side up, in a large roasting tin with the potatoes. Lightly crush the garlic cloves and nestle among the chicken pieces.
- ☐ Drizzle over the olive oil and chicken stock, then season. Squeeze over the juice from the lemon and pop the empty halves in the tin.
- ☐ Bake for 45–50 mins, adding the courgettes and chilli 15 mins before the cooking time is up.
- ☐ Remove from the oven when the chicken is cooked through and golden, and the veg is tender. Stir through the basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:67.31, Glycemic Load:26.78, Inflammation Score:-8, Nutrition Score:32.606956575228%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 759.3kcal (37.97%), Fat: 45.78g (70.43%), Saturated Fat: 11.4g (71.25%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 37.78g (13.74%), Sugar: 6.09g (6.77%), Cholesterol: 223mg (74.33%), Sodium: 268.23mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.78g (87.55%), Vitamin C: 87.84mg (106.48%), Vitamin B6: 1.64mg (82.22%), Vitamin B3: 14.02mg (70.12%), Selenium: 44.45µg (63.49%), Phosphorus: 532.6mg (53.26%), Potassium: 1692.37mg (48.35%), Vitamin B5: 3.17mg (31.68%), Vitamin B2: 0.51mg (30.23%), Magnesium: 113.86mg

(28.47%), Manganese: 0.56mg (28.15%), Vitamin B1: 0.41mg (27.31%), Zinc: 3.85mg (25.65%), Fiber: 6.33g (25.31%), Vitamin B12: 1.45µg (24.11%), Copper: 0.44mg (21.96%), Iron: 3.89mg (21.61%), Vitamin K: 20.74µg (19.75%), Folate: 70.76µg (17.69%), Vitamin E: 1.76mg (11.72%), Vitamin A: 517.28IU (10.35%), Calcium: 70.19mg (7.02%), Vitamin D: 0.23µg (1.51%)