



Oven-Roasted Chicken and Vegetables



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots cut in half lengthwise
- ☐ 2 cups lime wedges frozen with skins (from 24-oz bag)
- ☐ 1 cup green beans whole frozen (from 14-oz bag)
- ☐ 1 cup bell pepper frozen (from 1-lb bag)
- ☐ 1 cup grape tomatoes
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 lb rotisserie chicken cut cut into pieces

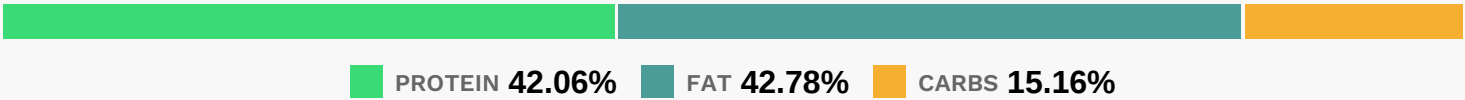
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 475°F. In large bowl, toss all ingredients except chicken.
- ☐ In 15x10x1-inch pan, arrange chicken and vegetables in single layer.
- ☐ Roast uncovered 20 to 25 minutes or until vegetables are crisp-tender and chicken is hot.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:17.933478251747%

Flavonoids

Hesperetin: 50.87mg, Hesperetin: 50.87mg, Hesperetin: 50.87mg, Hesperetin: 50.87mg Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 590.28kcal (29.51%), Fat: 29.3g (45.07%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 16.2g (5.89%), Sugar: 8.52g (9.47%), Cholesterol: 217.72mg (72.57%), Sodium: 1134.96mg (49.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.81g (129.61%), Vitamin A: 10551.09IU (211.02%), Vitamin C: 92.23mg (111.79%), Vitamin K: 42.08µg (40.07%), Fiber: 7.14g (28.56%), Vitamin B6: 0.29mg (14.75%), Folate: 58.54µg (14.64%), Potassium: 497.3mg (14.21%), Vitamin E: 2mg (13.31%), Manganese: 0.25mg (12.52%), Iron: 1.83mg (10.15%), Copper: 0.19mg (9.42%), Calcium: 76.2mg (7.62%), Vitamin B1: 0.11mg (7.41%), Vitamin B5: 0.73mg (7.26%), Magnesium: 28.95mg (7.24%), Vitamin B3: 1.38mg (6.9%), Phosphorus: 68.29mg (6.83%), Vitamin B2: 0.11mg (6.71%), Zinc: 0.46mg (3.08%), Selenium: 1.25µg (1.79%)