



Oven-Roasted Chicken with New Potatoes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons herbs: rosemary dried fresh chopped (such as oregano, sage or rosemary)
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 3 tablespoons olive oil
- 3.5 lb roasting chickens whole
- 1.5 lb potatoes - remove skin red unpeeled halved

Equipment

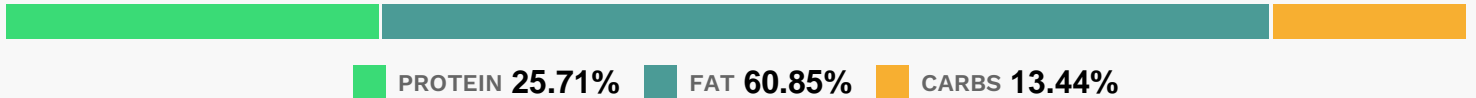
- bowl

- frying pan
- oven
- roasting pan

Directions

- Heat oven to 450°F. In small bowl, combine herbs, salt, pepper and oil; mix well.
- Place chicken, breast side down, in shallow roasting pan. Arrange potatoes around chicken in pan.
- Drizzle half of oil mixture over potatoes; stir to mix.
- Bake at 450°F. for 20 minutes.
- Remove pan from oven. Spoon some of remaining oil mixture over chicken and potatoes; stir potatoes. Turn chicken breast side up. Return to oven; bake an additional 10 minutes.
- Remove pan from oven. Reduce oven temperature to 325°F.
- Drizzle remaining oil mixture over chicken and potatoes; stir potatoes. Return to oven; bake an additional 40 to 50 minutes or until chicken is fork-tender and juices run clear, and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-9, Nutrition Score:32.255651909372%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 830.36kcal (41.52%), Fat: 55.55g (85.47%), Saturated Fat: 14.29g (89.32%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 24.57g (8.94%), Sugar: 2.21g (2.46%), Cholesterol: 249.17mg (83.06%), Sodium: 813.28mg (35.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.82g (105.63%), Vitamin B3: 20.6mg (103.02%), Vitamin B6: 1.22mg (60.94%), Phosphorus: 583.37mg (58.34%), Vitamin A: 2624.2IU (52.48%), Selenium: 34.48µg

(49.25%), Vitamin B12: 2.87µg (47.81%), Vitamin K: 44.46µg (42.35%), Potassium: 1356.44mg (38.76%), Vitamin B5: 3.44mg (34.38%), Vitamin B2: 0.55mg (32.39%), Iron: 5.42mg (30.13%), Vitamin C: 24.24mg (29.38%), Zinc: 4.3mg (28.64%), Folate: 109.03µg (27.26%), Magnesium: 93.91mg (23.48%), Vitamin B1: 0.31mg (20.71%), Copper: 0.41mg (20.43%), Manganese: 0.35mg (17.73%), Fiber: 3.02g (12.08%), Vitamin E: 1.55mg (10.31%), Calcium: 50.32mg (5.03%)