



Pan-Roasted Chicken with Carrots and Almonds

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds coarsely chopped
- ☐ 1 pound carrots peeled (12)
- ☐ 2 tablespoons tarragon fresh coarsely chopped
- ☐ 1 tablespoon honey
- ☐ 4 servings pepper freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 tablespoons olive oil divided

- ☐ 1 cup greek yogurt plain
- ☐ 0.5 small shallots finely chopped
- ☐ 4 chicken breast bone-in

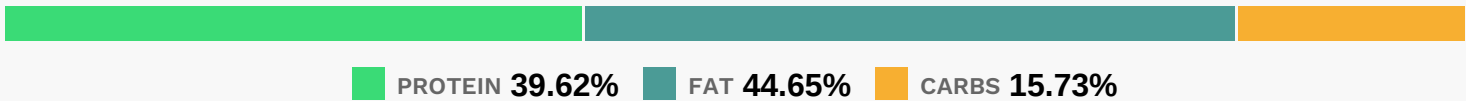
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375°F. Toss carrots, almonds,honey, and 2 tablespoons oil on a large rimmedbaking sheet; season with salt and pepper.Roast, tossing occasionally, until carrots aretender, 15-20 minutes.
- ☐ Meanwhile, heat remaining 2 tablespoons oilin a large skillet over medium-high heat.Season chicken with salt and pepper. Cookchicken, skin side down, until goldenbrown, 5-8 minutes. Turn chicken over,transfer skillet to oven, and roast untilcooked through, 10-15 minutes longer.
- ☐ While chicken and carrots are roasting,mix yogurt and lemon juice in a small bowl.Season with salt and pepper.
- ☐ Remove chicken and carrots fromoven; transfer chicken to a large plate.
- ☐ Addcarrots, shallot, and tarragon to skilletand toss to coat in pan drippings.
- ☐ Servewith lemon yogurt.
- ☐ Per serving: 580 calories, 25 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:60.28, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:39.183043386625%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 591.23kcal (29.56%), Fat: 29.5g (45.38%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 17.58g (6.39%), Sugar: 12.41g (13.79%), Cholesterol: 147.14mg (49.05%), Sodium: 361.66mg (15.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.88g (117.77%), Vitamin A: 19162.09IU (383.24%), Vitamin B3: 25.77mg (128.84%), Selenium: 78.36µg (111.94%), Vitamin B6: 2mg (100.18%), Phosphorus: 681.67mg (68.17%), Vitamin E: 7.78mg (51.87%), Manganese: 0.91mg (45.71%), Potassium: 1523.51mg (43.53%), Vitamin B2: 0.69mg (40.36%), Vitamin B5: 3.8mg (37.97%), Magnesium: 139.36mg (34.84%), Fiber: 5.81g (23.25%), Vitamin K: 24.04µg (22.89%), Calcium: 194.37mg (19.44%), Vitamin B1: 0.28mg (18.57%), Iron: 3.15mg (17.53%), Zinc: 2.57mg (17.12%), Copper: 0.33mg (16.74%), Vitamin C: 12.4mg (15.03%), Vitamin B12: 0.8µg (13.37%), Folate: 53.23µg (13.31%), Vitamin D: 0.23µg (1.51%)