



Provençal Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb chicken whole
- ☐ 1 optional: lemon
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon herbs de provence dried
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb baby potatoes cut into fourths
- ☐ 2 medium zucchini cut into 1 1/2-inch pieces
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, drained canned

☐ 0.5 cup kalamata olives pitted chopped

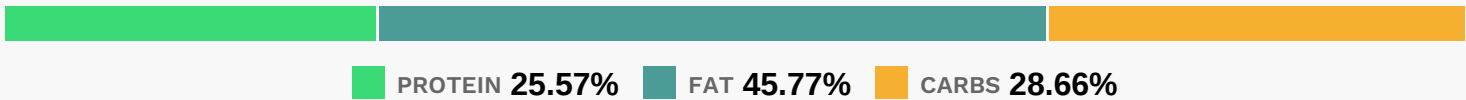
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 400°F.
- ☐ Place chicken, breast side up, in ungreased shallow roasting pan.
- ☐ Grate peel from lemon; squeeze juice. In small bowl, mix lemon peel, lemon juice and oil.
- ☐ Drizzle half of lemon mixture over chicken; pat herbes de Provence and pepper on skin of chicken.
- ☐ Place squeezed lemon halves inside chicken cavity.
- ☐ In large bowl, toss potatoes, zucchini, tomatoes, olives and remaining lemon mixture. Arrange vegetables around chicken in roasting pan. Insert ovenproof meat thermometer in chicken so tip is in thickest part of inside thigh and does not touch bone.
- ☐ Bake 1 hour 45 minutes to 2 hours or until thermometer reads 180°F, legs move easily when lifted or twisted and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:15.02, Inflammation Score:-7, Nutrition Score:19.886521722959%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg

0.92mg, Kaempferol: 0.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 373.6kcal (18.68%), Fat: 19.29g (29.68%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 22.2g (8.07%), Sugar: 4.67g (5.19%), Cholesterol: 81.65mg (27.22%), Sodium: 362.46mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.49%), Vitamin C: 52.02mg (63.06%), Vitamin B3: 9.46mg (47.3%), Vitamin B6: 0.92mg (45.99%), Potassium: 1018.58mg (29.1%), Phosphorus: 267.31mg (26.73%), Selenium: 16.42µg (23.46%), Manganese: 0.43mg (21.55%), Iron: 3.77mg (20.94%), Fiber: 4.98g (19.9%), Vitamin K: 20.71µg (19.72%), Magnesium: 71.44mg (17.86%), Vitamin B2: 0.27mg (16.07%), Vitamin B5: 1.58mg (15.78%), Vitamin B1: 0.23mg (15.29%), Copper: 0.28mg (14.18%), Zinc: 2.12mg (14.12%), Folate: 49.99µg (12.5%), Vitamin E: 1.48mg (9.9%), Vitamin A: 439.46IU (8.79%), Calcium: 80.78mg (8.08%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.22µg (1.45%)