



Roast Chicken Dinner



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 teaspoons pepper black
- ☐ 3 lb chicken quartered (see cooks' note, below)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion halved lengthwise
- ☐ 1 lb potato boiling cut into 1-inch wedges

- ☐ 2.3 teaspoons salt
- ☐ 2 zucchini quartered (1 lb total)

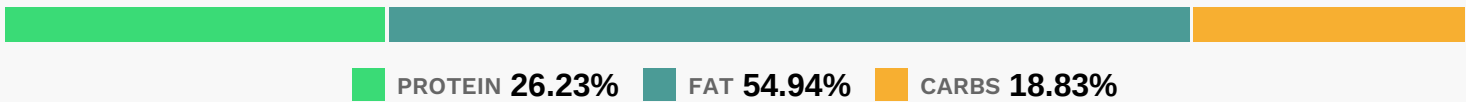
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 500°F.
- ☐ Pat chicken dry, then toss with 1 tablespoon oil, 1 1/4 teaspoons salt, and 1 teaspoon pepper in a bowl. Arrange chicken, skin sides up, without pieces touching, in roasting pan, leaving a 2-inch border around edges of pan.
- ☐ Toss potatoes, zucchini, and onion with remaining tablespoon oil, remaining teaspoon salt, and remaining 3/4 teaspoon pepper in same bowl, then spread in 1 layer around chicken, arranging zucchini skin sides up. Stir together broth and lemon juice and pour into pan around chicken and vegetables.
- ☐ Roast, uncovered, until chicken is pale golden and cooked through, about 30 minutes.
- ☐ Remove pan from oven and preheat broiler. Broil chicken and vegetables 3 inches from heat until chicken is golden brown, about 6 minutes.
- ☐ Serve chicken and vegetables with pan juices.
- ☐ If you don't want to quarter a whole chicken, you can buy precut chicken quarters.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:21.588695495025%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 528.03kcal (26.4%), Fat: 32.31g (49.71%), Saturated Fat: 8.2g (51.28%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 21.28g (7.74%), Sugar: 5.24g (5.82%), Cholesterol: 122.47mg (40.82%), Sodium: 1460.96mg (63.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin B3: 13.3mg (66.5%), Vitamin B6: 0.97mg (48.25%), Vitamin C: 33.92mg (41.12%), Phosphorus: 365.12mg (36.51%), Selenium: 24.47µg (34.96%), Potassium: 1163.1mg (33.23%), Manganese: 0.52mg (25.78%), Vitamin B5: 2.06mg (20.55%), Vitamin B2: 0.34mg (20.11%), Magnesium: 80.13mg (20.03%), Zinc: 2.92mg (19.46%), Vitamin B1: 0.25mg (16.59%), Iron: 2.92mg (16.24%), Copper: 0.32mg (16.08%), Folate: 59.96µg (14.99%), Vitamin K: 15.71µg (14.96%), Fiber: 3.64g (14.54%), Vitamin E: 1.65mg (10.99%), Vitamin B12: 0.54µg (8.93%), Vitamin A: 438.33IU (8.77%), Calcium: 57.73mg (5.77%), Vitamin D: 0.33µg (2.18%)