



Roast Chicken with Fig, Plantain, and Red Onion

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 chicken leg quarters
- 1 teaspoon rosemary dried
- 6 figs fresh
- 2 cloves garlic sliced
- 4 servings salt and ground pepper black to taste
- 0.3 cup olive oil

- 1 plantains ripe sliced
- 0.5 large onion red chopped
- 0.3 cup water

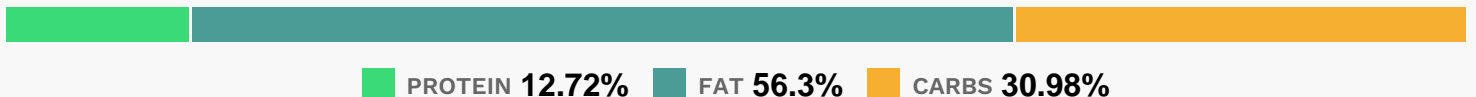
Equipment

- bowl
- oven
- whisk
- casserole dish
- kitchen thermometer

Directions

- Preheat an oven to 475 degrees F (245 degrees C).
- Place chicken quarters in a 9x13-inch casserole dish. Arrange onion, plantain, figs, and garlic around chicken quarters and season with rosemary, salt, and pepper.
- Whisk olive oil and balsamic vinegar together in a bowl; pour over chicken quarters.
- Pour water into casserole dish.
- Place casserole dish in the preheated oven; reduce temperature to 325 degrees F (165 degrees C).
- Bake until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:8.58, Inflammation Score:-6, Nutrition Score:11.64217382799%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 402.77kcal (20.14%), Fat: 25.91g (39.86%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 28.84g (10.49%), Sugar: 21.85g (24.28%), Cholesterol: 70.81mg (23.6%), Sodium: 61.86mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.35%), Vitamin K: 26.3µg (25.05%), Vitamin B6: 0.48mg (23.83%), Selenium: 14.62µg (20.89%), Vitamin B3: 3.98mg (19.92%), Potassium: 576.8mg (16.48%), Phosphorus: 146.95mg (14.7%), Vitamin E: 2.18mg (14.55%), Vitamin C: 11.23mg (13.62%), Vitamin A: 670.27IU (13.41%), Fiber: 3.24g (12.95%), Manganese: 0.24mg (11.93%), Magnesium: 45.67mg (11.42%), Vitamin B5: 1.12mg (11.21%), Vitamin B2: 0.17mg (10.15%), Vitamin B1: 0.14mg (9.05%), Vitamin B12: 0.46µg (7.71%), Zinc: 1.15mg (7.68%), Copper: 0.14mg (6.91%), Iron: 1.21mg (6.73%), Folate: 19.26µg (4.82%), Calcium: 42.75mg (4.28%)