



Roast Chicken with Kimchi Smashed Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove grated
- ☐ 4 cups the salad trimmed (such as mustard, mizuna, or arugula)
- ☐ 4 servings pepper freshly ground
- ☐ 16 ounce napa cabbage drained
- ☐ 4 large chicken thighs bone-in ()
- ☐ 1 tablespoon rice vinegar
- ☐ 4 tablespoons vegetable oil divided
- ☐ 1.5 pounds yukon gold potatoes

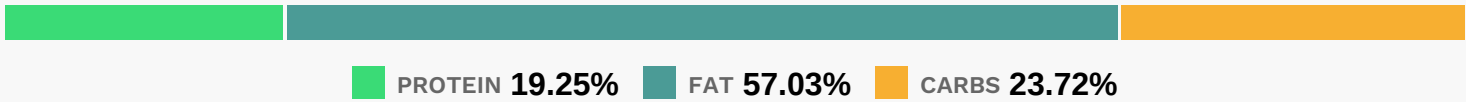
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F. Toss potatoes and 1 tablespoon oil on a large rimmed baking sheet; season with salt and pepper. Roast, turning once, until browned in spots, 10–15 minutes.
- ☐ Meanwhile, rub chicken with garlic and season with salt and pepper.
- ☐ Heat 1 tablespoon oil in a large skillet over medium–high heat. Cook chicken skin side down until golden brown and crisp, 8–10 minutes.
- ☐ Arrange chicken skin side up on baking sheet among potatoes. Roast until chicken is cooked through and potatoes are tender, 15–20 minutes longer.
- ☐ Using a large spoon, lightly smash potatoes. Scatter kimchi over; roast until kimchi is warm, about 5 minutes.
- ☐ Meanwhile, whisk reserved kimchi liquid, vinegar, and 2 tablespoons oil in a small bowl.
- ☐ Scatter greens over, drizzle with half of dressing, and toss gently. Divide among plates and drizzle with remaining dressing.
- ☐ Per serving: 640 calories, 40 g fat, 6 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 56.94, Glycemic Load: 22.64, Inflammation Score: -8, Nutrition Score: 29.134782539762%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 595.4kcal (29.77%), Fat: 38.02g (58.49%), Saturated Fat: 8.64g (54.03%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 30.43g (11.07%), Sugar: 2.94g (3.27%), Cholesterol: 141.61mg (47.2%), Sodium: 142.43mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Vitamin C: 73.87mg (89.54%), Vitamin K: 80.11µg (76.3%), Vitamin B6: 1.31mg (65.57%), Vitamin B3: 9.19mg (45.94%), Selenium: 28.61µg (40.87%), Potassium: 1358.45mg (38.81%), Phosphorus: 376.36mg (37.64%), Folate: 136µg (34%), Manganese: 0.6mg (29.88%), Magnesium: 86.31mg (21.58%), Vitamin B5: 2.15mg (21.49%), Fiber: 5.16g (20.64%), Vitamin B1: 0.3mg (20.23%), Vitamin B2: 0.32mg (19.04%), Vitamin A: 931.8IU (18.64%), Zinc: 2.66mg (17.76%), Iron: 2.94mg (16.32%), Copper: 0.32mg (16.21%), Vitamin B12: 0.92µg (15.41%), Calcium: 127.89mg (12.79%), Vitamin E: 1.57mg (10.48%)