



## Roast Chicken with Olive Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 4 skin-on chicken breasts boneless bone-in ( or )
- 2 tablespoons parsley fresh finely chopped
- 4 teaspoon rosemary leaves fresh
- 1 clove garlic finely chopped
- 2 cloves garlic thinly sliced
- 0.3 cup olive green pitted roughly chopped
- 1 teaspoon kosher salt

- 5 ounce the salad mixed
- 3 tablespoons olive oil

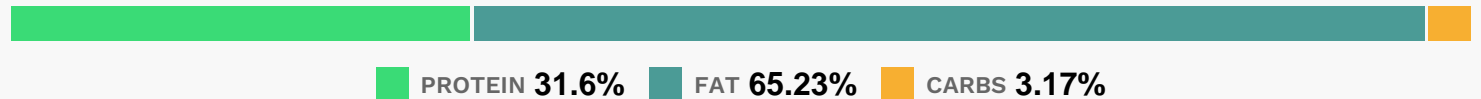
## Equipment

- bowl
- oven
- baking pan
- toaster

## Directions

- Heat toaster oven to 425 F. In a toaster-oven baking tray, combine the chicken, 2 tablespoons of the oil, the salt, pepper, rosemary, and sliced garlic. (You can cover and refrigerate for up to 12 hours.)
- Spread in a single layer, skin-side up, and roast until cooked through, about 35 minutes. Meanwhile, in a small bowl, combine the olives, tomatoes (if using), chopped garlic, parsley, and the remaining oil. To serve, divide the greens and chicken among individual plates and spoon the olive relish over the top of both.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:13.268695447756%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 309.6kcal (15.48%), Fat: 22.31g (34.32%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2g (0.73%), Sugar: 0.09g (0.1%), Cholesterol: 72.32mg (24.11%), Sodium: 795.16mg (34.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Vitamin B3: 11.46mg (57.28%), Vitamin K: 39.48µg (37.6%), Vitamin B6: 0.66mg (33.01%), Selenium: 19.3µg (27.58%), Phosphorus: 215.64mg (21.56%), Vitamin E: 2.16mg (14.38%), Vitamin C: 11.61mg (14.07%), Vitamin A: 701.8IU (14.04%), Vitamin B5: 0.98mg (9.77%), Potassium: 335.75mg (9.59%), Magnesium: 34.96mg (8.74%), Iron: 1.35mg (7.48%), Vitamin B2: 0.12mg (7.01%), Zinc: 1.03mg (6.89%), Manganese: 0.13mg (6.58%), Vitamin B12: 0.38µg (6.4%), Vitamin B1: 0.09mg (6%), Folate: 21.12µg (5.28%), Copper: 0.08mg (4.2%), Vitamin D: 0.45µg (3.01%), Calcium: 29.59mg (2.96%), Fiber: 0.44g (1.75%)