



Roast Chicken with Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



2

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 6 ounces broccoli with stems cut into florets
- 2 strips. with bones and skin (6 oz. each)
- 2 strips. with bones and skin (6 oz. each)
- 1 tablespoon thyme sprigs fresh
- 0.5 teaspoon kosher salt divided
- 1 tablespoon lemon zest shredded finely
- 2 tablespoons olive oil

- 4 small potatoes – remove skin red cut into 3/4-in. wedges

Equipment

- frying pan
- oven
- tongs

Directions

- Preheat oven to 37
- Heat oil in a 12-in. ovenproof frying pan over medium-high heat. Generously sprinkle both sides of chicken with 1/4 tsp. each salt and pepper, then carefully lay meat skin side down in hot oil.
- Add potatoes to pan around chicken pieces. Cook, covered and shaking pan often, until chicken is golden brown and skin is crispy, about 7 minutes.
- Using tongs, turn chicken over and stir any browned potatoes.
- Sprinkle chicken and potatoes with thyme and lemon zest.
- Lay broccoli evenly over chicken and potatoes; sprinkle with remaining 1/4 tsp. each salt and pepper.
- Put uncovered pan in oven. Cook until potatoes are tender when pierced, stirring once, 15 to 20 minutes.

Nutrition Facts

  
 **PROTEIN 20.3%**  **FAT 52.26%**  **CARBS 27.44%**

Properties

Glycemic Index:54.5, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:41.675652327745%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 891.82kcal (44.59%), Fat: 52.41g (80.64%), Saturated Fat: 12.29g (76.83%), Carbohydrates: 61.93g (20.64%), Net Carbohydrates: 53g (19.27%), Sugar: 5.96g (6.62%), Cholesterol: 221.48mg (73.83%), Sodium: 845.53mg (36.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.82g (91.64%), Vitamin C: 114.58mg (138.88%), Vitamin K: 110.6µg (105.34%), Vitamin B6: 1.52mg (76.04%), Vitamin B3: 15.03mg (75.14%), Potassium: 2312.07mg (66.06%), Selenium: 46.14µg (65.91%), Phosphorus: 625.47mg (62.55%), Manganese: 0.82mg (40.98%), Vitamin B5: 3.76mg (37.63%), Fiber: 8.93g (35.7%), Magnesium: 142.52mg (35.63%), Vitamin B1: 0.51mg (33.8%), Copper: 0.64mg (32.09%), Folate: 123.61µg (30.9%), Vitamin B2: 0.52mg (30.77%), Iron: 5.38mg (29.91%), Zinc: 4.37mg (29.16%), Vitamin B12: 1.45µg (24.11%), Vitamin E: 3.2mg (21.34%), Vitamin A: 900.45IU (18.01%), Calcium: 112.96mg (11.3%), Vitamin D: 0.23µg (1.51%)