



Roast Chicken with Vegetables



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 6 ounces broccoli crowns with stems cut into florets
- ☐ 2 chicken thighs with bones and skin (6 oz. each)
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon lemon zest shredded finely
- ☐ 2 tablespoons olive oil
- ☐ 4 small thin-skinned potatoes red cut into 3/4-in. wedges

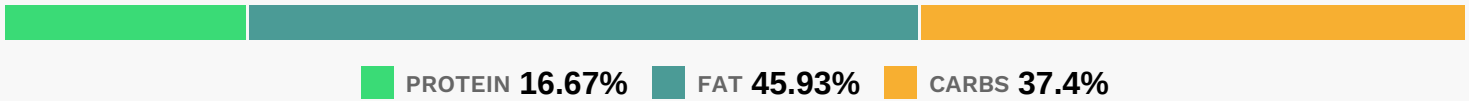
Equipment

- ☐ 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



Properties

Glycemic Index:54.5, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:34.423043541286%

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

Nutrients (% of daily need)

Calories: 644.35kcal (32.22%), Fat: 33.64g (51.76%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 52.72g (19.17%), Sugar: 5.96g (6.62%), Cholesterol: 110.74mg (36.91%), Sodium: 758.52mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.93%), Vitamin C: 114.58mg (138.88%), Vitamin K: 108.23µg (103.08%), Potassium: 2080.42mg (59.44%), Vitamin B6: 1.13mg (56.66%), Vitamin B3: 9.78mg (48.9%), Phosphorus: 446.93mg (44.69%), Manganese: 0.8mg (40.08%), Selenium: 25µg (35.72%), Fiber: 8.93g (35.7%), Magnesium: 121.05mg (30.26%), Folate: 120.22µg (30.06%), Copper: 0.58mg (29.21%), Vitamin B1: 0.42mg (28.23%), Vitamin B5: 2.61mg (26.15%), Iron: 4.63mg (25.7%), Vitamin B2: 0.37mg (21.99%), Vitamin E: 2.96mg (19.76%), Zinc: 2.96mg (19.74%), Vitamin A: 812.31IU (16.25%), Vitamin B12: 0.72µg (12.05%), Calcium: 103.92mg (10.39%)