



Roast Dijon Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces baby carrots
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 chicken-breast halves
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 teaspoon thyme leaves dried divided
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 3 cups bliss potato red cubed peeled

- ☐ 0.8 teaspoon salt divided
- ☐ 1 large vidalia sweet cut into 12 wedges

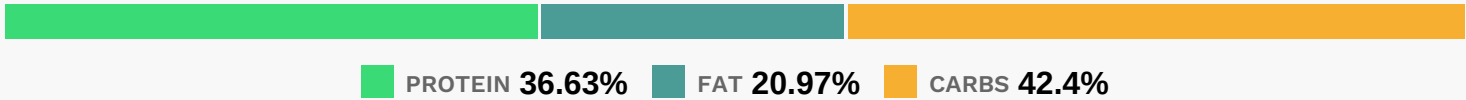
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 47
- ☐ Combine mustard and 1/2 teaspoon thyme in a small bowl.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Heat a skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken, skin side down; cook 5 minutes or until browned. Turn and cook an additional 3 minutes or until lightly browned.
- ☐ Remove chicken; spread mustard mixture evenly over skin side of each breast.
- ☐ Combine potato, carrot, onion, oil, 1/2 teaspoon thyme, 1/2 teaspoon salt, and pepper.
- ☐ Place on a broiler pan coated with cooking spray.
- ☐ Bake at 475 for 10 minutes. Stir potato mixture; place chicken, skin side up, over potato mixture.
- ☐ Bake an additional 15 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:9.96, Inflammation Score:-10, Nutrition Score:24.753043319868%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 294.5kcal (14.72%), Fat: 6.83g (10.51%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 25.48g (9.27%), Sugar: 10.78g (11.98%), Cholesterol: 72.32mg (24.11%), Sodium: 729.98mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.71%), Vitamin A: 21126.81IU (422.54%), Vitamin B3: 12.79mg (63.94%), Vitamin B6: 1.22mg (61.07%), Selenium: 39.56µg (56.51%), Phosphorus: 327.97mg (32.8%), Vitamin K: 30.22µg (28.78%), Potassium: 989.77mg (28.28%), Vitamin B5: 2.71mg (27.13%), Manganese: 0.49mg (24.49%), Fiber: 5.61g (22.43%), Magnesium: 70.91mg (17.73%), Copper: 0.29mg (14.43%), Vitamin B1: 0.21mg (14.13%), Vitamin C: 10.49mg (12.71%), Folate: 50.56µg (12.64%), Vitamin B2: 0.21mg (12.61%), Iron: 2.19mg (12.17%), Zinc: 1.21mg (8.09%), Calcium: 79.06mg (7.91%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.23µg (3.77%)