



WHATSheATE



Roast Lemon-Parsley Chicken Drums and Carrots with Fettuccine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 3.5 pounds skin-on chicken drumsticks
- ☐ 8 ounces fettuccine barilla fresh
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 1 lemon zest grated
- ☐ 4 servings olive oil filippo berio®
- ☐ 3 teaspoons salt divided

- ☐ 2 bunches scallions cut in 2-inch-long pieces

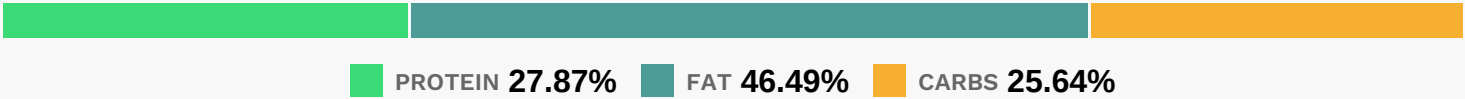
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ spatula
- ☐ pastry brush

Directions

- ☐ Preheat the oven to 425 degrees F. Using a mister or pastry brush dipped in olive oil, coat a 17 x 12-inch metal baking sheet with sides (or two smaller pans with sides).
- ☐ Place the drumsticks on the pan. Season on all sides with 1/4 teaspoon salt.
- ☐ Bake for 20 minutes.
- ☐ Remove the pan from the oven.
- ☐ Add the carrots, scallions, parsley, lemon zest, 3/4 teaspoon of salt, and 2 tablespoons of oil. With a pancake turner, toss thoroughly to combine the vegetables and seasonings.
- ☐ Spread in a single layer.
- ☐ Bake for about 25 minutes, turning occasionally, or until no pink remains at the chicken bone and the carrots are tender.
- ☐ Meanwhile, place a covered large pot of water over high heat. When the water boils, add 2 teaspoons of salt and the fettuccine. Stir. Cover and return to a boil. Uncover and boil, stirring occasionally, for about 3 minutes, or until tender.
- ☐ Drain and return to the pot.
- ☐ If the chicken skin is not well browned, heat the oven broiler. Broil the chicken 6 inches from the heat source for about 3 minutes, or until browned.
- ☐ Remove the drumsticks to a platter.
- ☐ Add the carrots, scallions, and pan juices to the fettuccine. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:17.18, Inflammation Score:-10, Nutrition Score:38.359130662421%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 809.88kcal (40.49%), Fat: 41.43g (63.73%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 45.65g (16.6%), Sugar: 6.84g (7.6%), Cholesterol: 292.27mg (97.42%), Sodium: 2125.41mg (92.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.88g (111.77%), Vitamin A: 16231.36IU (324.63%), Selenium: 97.38µg (139.11%), Vitamin K: 112.36µg (107.01%), Vitamin B3: 14.8mg (74.01%), Phosphorus: 616.62mg (61.66%), Vitamin B6: 1.14mg (56.88%), Zinc: 6.48mg (43.21%), Vitamin B5: 3.75mg (37.5%), Manganese: 0.73mg (36.55%), Vitamin B2: 0.55mg (32.38%), Potassium: 1056.89mg (30.2%), Vitamin B12: 1.63µg (27.12%), Magnesium: 101.95mg (25.49%), Vitamin B1: 0.36mg (23.77%), Iron: 4.28mg (23.76%), Copper: 0.46mg (23.11%), Fiber: 5.75g (23.02%), Vitamin E: 2.83mg (18.86%), Folate: 68.61µg (17.15%), Vitamin C: 12.13mg (14.7%), Calcium: 99.77mg (9.98%), Vitamin D: 0.44µg (2.91%)