



Roasted Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves bone-in
- ☐ 1 tablespoon rosemary dried crushed
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 pounds potatoes cut into 1/2-inch chunks
- ☐ 0.5 teaspoon salt

Equipment

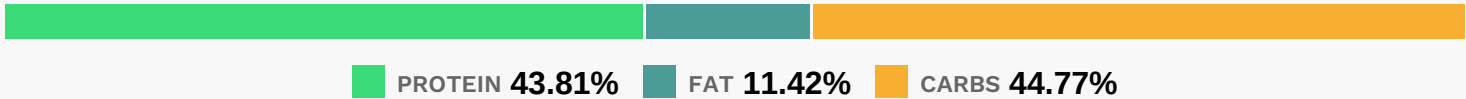
- ☐ frying pan

☐ oven

Directions

- ☐ Stir together garlic and rosemary. Set aside 2 teaspoons.
- ☐ Place potato pieces in a lightly greased 13- x 9-inch pan. Coat potato with vegetable cooking spray; toss with remaining garlic mixture.
- ☐ Loosen skin from chicken breasts by inserting fingers and gently pushing between the skin and meat.
- ☐ Place 1/2 teaspoon reserved garlic mixture beneath skin of each breast half.
- ☐ Place chicken, skin side up, on potato. Coat chicken with cooking spray; sprinkle with salt and pepper.
- ☐ Bake at 425 for 45 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:19.72, Inflammation Score:-5, Nutrition Score:18.79391310526%

Flavonoids

Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 251.99kcal (12.6%), Fat: 3.16g (4.86%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 24.22g (8.81%), Sugar: 1.21g (1.35%), Cholesterol: 72.32mg (24.11%), Sodium: 431.65mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.57%), Vitamin B3: 13.41mg (67.04%), Vitamin B6: 1.34mg (66.95%), Selenium: 37.08µg (52.97%), Vitamin C: 32.38mg (39.25%), Phosphorus: 328.82mg (32.88%), Potassium: 1074.83mg (30.71%), Vitamin B5: 2.08mg (20.79%), Manganese: 0.34mg (17.02%), Magnesium: 66.44mg (16.61%), Fiber: 3.67g (14.66%), Vitamin B1: 0.2mg (13.47%), Copper: 0.21mg (10.45%), Iron: 1.82mg (10.12%), Vitamin B2: 0.17mg (9.84%), Zinc: 1.15mg (7.66%), Folate: 30.38µg (7.59%), Vitamin B12: 0.23µg (3.77%), Calcium: 36.91mg (3.69%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.23mg (1.57%), Vitamin A: 54.2IU (1.08%)