



## Roasted Chicken and Vegetables

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

READY IN



85 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups baby carrots cut in half lengthwise
- 3 lb chicken whole
- 0.3 cup chicken broth
- 8 cloves garlic finely chopped
- 1 large onion cut into 8 wedges
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 medium sweet potatoes and into peeled cut into eighths

- 1 teaspoon tarragon dried
- 1 teaspoon thyme leaves dried
- 2 tablespoons vegetable oil

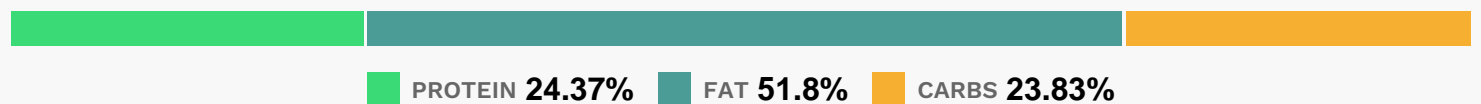
## Equipment

- bowl
- frying pan
- oven
- slotted spoon

## Directions

- Heat oven to 425F. In large bowl, mix broth, oil, salt, thyme, tarragon and pepper.
- Add vegetables and garlic; toss to coat.
- Remove vegetables with slotted spoon to ungreased 15x10x1-inch pan, spreading on half of the pan.
- Add chicken pieces to remaining broth mixture in bowl, turning chicken over to coat all sides.
- Place chicken pieces skin-side-down next to vegetables in pan, placing legs and thighs along edge of pan.
- Drizzle any remaining broth mixture over chicken.
- Bake 30 minutes. Stir vegetables, and turn chicken pieces.
- Bake 30 to 40 minutes longer or until vegetables are tender and juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and legs).

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:12.76, Inflammation Score:-10, Nutrition Score:24.732608660408%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

## **Nutrients (% of daily need)**

Calories: 552.6kcal (27.63%), Fat: 31.66g (48.71%), Saturated Fat: 8.14g (50.9%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 27.06g (9.84%), Sugar: 8.72g (9.69%), Cholesterol: 122.76mg (40.92%), Sodium: 852.68mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Vitamin A: 22926.83IU (458.54%), Vitamin B3: 12.18mg (60.88%), Vitamin B6: 0.99mg (49.6%), Selenium: 25.76µg (36.8%), Phosphorus: 329.72mg (32.97%), Manganese: 0.63mg (31.62%), Vitamin B5: 2.67mg (26.71%), Potassium: 906.24mg (25.89%), Fiber: 5.72g (22.86%), Vitamin K: 22.16µg (21.11%), Vitamin B2: 0.32mg (18.65%), Magnesium: 74.08mg (18.52%), Zinc: 2.74mg (18.24%), Copper: 0.34mg (17.09%), Iron: 3.06mg (16.98%), Vitamin B1: 0.23mg (15.64%), Vitamin C: 12.27mg (14.87%), Folate: 44.13µg (11.03%), Calcium: 96.48mg (9.65%), Vitamin E: 1.36mg (9.07%), Vitamin B12: 0.51µg (8.49%), Vitamin D: 0.33µg (2.18%)