



Roasted Chicken and Vegetables

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb carrots peeled cut into 1/2-inch-thick slices (4)
- 2 lb skin-on chicken drumsticks
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 1 lb potatoes red quartered (6)

Equipment

- frying pan
- oven

Directions

- Heat oven to 425F.
- Toss chicken and vegetables with dressing; spread onto bottom of shallow pan sprayed with cooking spray.
- Bake 40 to 50 min. or until chicken is done (165F) and vegetables are tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:2.2195652247123%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 35.28kcal (1.76%), Fat: 1.79g (2.75%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.59g (0.65%), Cholesterol: 11.62mg (3.87%), Sodium: 49.49mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin A: 769.17IU (15.38%), Selenium: 2.63µg (3.76%), Vitamin B3: 0.74mg (3.7%), Vitamin B6: 0.06mg (3.2%), Phosphorus: 30.82mg (3.08%), Potassium: 85.79mg (2.45%), Vitamin K: 2.49µg (2.37%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.17mg (1.65%), Vitamin B2: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.39%), Magnesium: 5.26mg (1.32%), Vitamin C: 1.06mg (1.28%), Vitamin B12: 0.07µg (1.23%), Manganese: 0.02mg (1.12%), Fiber: 0.28g (1.12%), Copper: 0.02mg (1.11%)