

DINNER

Roasted Chicken & Apples

13 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.20	178 kcal



If you want to add more gluten free, dairy free, paleolithic, and primal recipes to your recipe box, Roasted Chicken & Apples might be a recipe you should try. This recipe serves 8 and costs \$1.2 per serving. One portion of this dish contains about 22g of protein, 5g of fat, and a total of 178 calor...

Ingredients

☐ 5 cups apples, peeled, cored and chopped☐ 1 teaspoon fresh sage, chopped☐ 0.1 teaspoon nutmeg☐ ½ teaspoon salt, divided☐ ¼ teaspoon cinnamon☐ 4 cloves garlic, chopped☐ ¼ teaspoon pepper☐ 8 skinless chicken thighs

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1 In a large bowl, combine first 5 ingredients with 1/4 teaspoon salt; toss well to coat.
- 2 Spread on a 15"x10" jelly-roll pan sprayed with non-stick vegetable spray. Season chicken with remaining salt and pepper; arrange on top of apple mixture.
- 3 Bake, uncovered, at 475 degrees for 25 minutes, or until juices run clear when chicken is pierced with a fork.

Nutrition per serving

178
KCAL

22 g
PROTEIN

5 g
FAT

11 g
CARBS

Saturated Fat	1.2 g · 8% of daily needs
Fibre	2 g · 8% of daily needs
Sugar	8.2 g · 9% of daily needs
Sodium	247 mg · 11% of daily needs
Cholesterol	107 mg · 36% of daily needs
Vitamin C	4.1 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-chicken-apples-142393