



Roasted Chicken Dinner with Potatoes and Artichokes on a Bed of Crispy Kale

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce artichoke hearts frozen thawed halved drained canned
- ☐ 1.5 pounds baby potatoes
- ☐ 1 Handful bay leaves fresh
- ☐ 1 cup cooking wine dry white
- ☐ 4 servings evoo for liberal drizzling
- ☐ 4 sprigs rosemary fresh chopped
- ☐ 1 head garlic separated crushed

- ☐ 1 bunch dinosaur kale black stemmed
- ☐ 1 optional: lemon sliced
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 onions with the root ends attached small to medium cut into thin wedges
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 1 skin-on whole bone-in quartered separate the breast and then cut each piece in half crosswise
- ☐ 4 skin-on bone-in
- ☐ 4 skin-on bone-in

Equipment

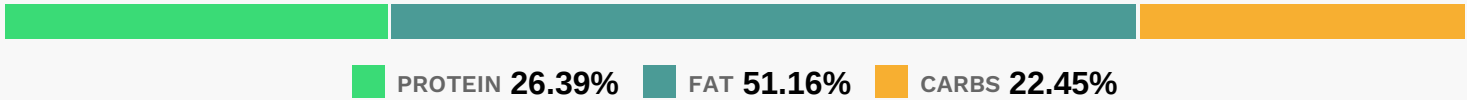
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Drizzle the chicken with EVOO and liberally sprinkle with sea salt and pepper.
- ☐ In a roasting pan or baking dish, combine the potatoes, rosemary, onions, bay leaves, artichokes, garlic and lemons.
- ☐ Drizzle with about 1/4 cup EVOO, season with salt and pepper and toss to coat. Arrange the chicken on top of the vegetables.
- ☐ Position the rack on the center of the oven and preheat the oven to 350 degrees F.
- ☐ Roast the chicken and vegetables for 45 minutes. Turn on the broiler and douse the pan with the wine. Broil until crispy and brown, 12 to 15 minutes.
- ☐ Remove from the oven.
- ☐ Dress the kale very lightly with about 1 tablespoon EVOO and season with salt, pepper and a few gratings of nutmeg.

- ☐
- Spread the kale on a wire rack set over a baking sheet. Broil until very crispy, about 10minutes.
- ☐
- Divide the kale among plates and top with the chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:71.31, Glycemic Load:24.01, Inflammation Score:-10, Nutrition Score:47.419565693192%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 10.43mg, Isorhamnetin: 10.43mg, Isorhamnetin: 10.43mg, Isorhamnetin: 10.43mg Kaempferol: 16.94mg, Kaempferol: 16.94mg, Kaempferol: 16.94mg, Kaempferol: 16.94mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 20.03mg, Quercetin: 20.03mg, Quercetin: 20.03mg, Quercetin: 20.03mg

Nutrients (% of daily need)

Calories: 885.67kcal (44.28%), Fat: 48.37g (74.41%), Saturated Fat: 11.32g (70.77%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 37.6g (13.67%), Sugar: 5.75g (6.38%), Cholesterol: 247.42mg (82.47%), Sodium: 323.42mg (14.06%), Alcohol: 6.18g (100%), Alcohol %: 1.1% (100%), Protein: 56.14g (112.27%), Vitamin K: 144.43µg (137.55%), Vitamin C: 86.88mg (105.31%), Vitamin B3: 19.24mg (96.22%), Vitamin B6: 1.9mg (95.23%), Selenium: 61.24µg (87.48%), Vitamin A: 3552.2IU (71.04%), Phosphorus: 664.67mg (66.47%), Manganese: 1.08mg (54.14%), Potassium: 1852.25mg (52.92%), Fiber: 10.14g (40.54%), Folate: 161.71µg (40.43%), Vitamin B2: 0.67mg (39.55%), Vitamin B5: 3.87mg (38.72%), Magnesium: 144.8mg (36.2%), Zinc: 4.68mg (31.18%), Vitamin B1: 0.46mg (30.99%), Iron: 4.59mg (25.49%), Vitamin B12: 1.45µg (24.24%), Copper: 0.43mg (21.62%), Vitamin E: 2.88mg (19.18%), Calcium: 171.7mg (17.17%), Vitamin D: 0.28µg (1.84%)