



Roasted Chicken Legs with Garlic Potatoes and Peppers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 38 ounce roasted peppers marinated with garlic and herbs, drained, peppers cut into large pieces, 6 tablespoons of the garlic-herb marinade reserved in oil
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1.5 teaspoons thyme leaves
- ☐ 3.5 pounds chicken legs whole
- ☐ 2 pounds yukon gold potatoes peeled sliced

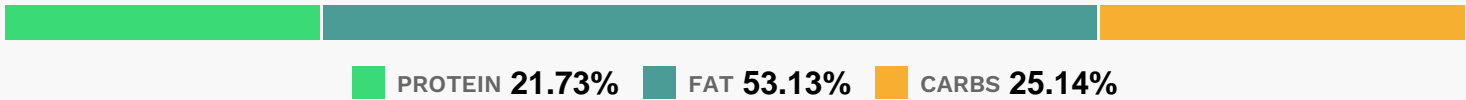
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 42
- ☐ Lightly oil a large roasting pan.
- ☐ Add the potatoes, peppers, 3 tablespoons of the reserved garlic-herb marinade, the olive oil and thyme to the roasting pan. Season with salt and ground pepper and toss well to coat the potatoes and peppers.
- ☐ Make 3 or 4 deep slashes in each chicken leg and set them on top of the vegetables. Rub the remaining 3 tablespoons of garlic-herb marinade all over the chicken and into the slashes. Season with salt and pepper.
- ☐ Roast the chicken for 1 hour and 10 minutes, stirring the vegetables once or twice, or until the chicken is cooked through and the potatoes and peppers are tender and crispy in spots.
- ☐ Transfer to a platter and serve.
- ☐ Wine Recommendation: A light, tart red will complement the sweet peppers here. Consider a Chianti Classico such as the 2001 Nittardi Casanuova di Nittardi or the 2000 Castello di Bossi.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:19.36, Inflammation Score:-9, Nutrition Score:25.915217223375%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 533.88kcal (26.69%), Fat: 31.74g (48.83%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 28.24g (10.27%), Sugar: 1.18g (1.31%), Cholesterol: 140.26mg (46.75%), Sodium: 2787.73mg

(121.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin C: 114.38mg (138.64%), Vitamin B6: 1.25mg (62.35%), Vitamin B3: 9.73mg (48.64%), Selenium: 28.14µg (40.2%), Phosphorus: 356.39mg (35.64%), Potassium: 1208mg (34.51%), Manganese: 0.55mg (27.59%), Copper: 0.48mg (24.05%), Fiber: 5.55g (22.2%), Vitamin A: 1099.18IU (21.98%), Iron: 3.78mg (21.02%), Magnesium: 83.99mg (21%), Vitamin B5: 2.02mg (20.17%), Zinc: 2.99mg (19.92%), Vitamin B2: 0.32mg (18.66%), Vitamin B1: 0.28mg (18.41%), Folate: 59.18µg (14.79%), Vitamin B12: 0.84µg (14.08%), Calcium: 107.55mg (10.75%), Vitamin K: 10.56µg (10.05%), Vitamin E: 1.35mg (9.03%), Vitamin D: 0.15µg (1.01%)