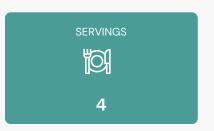
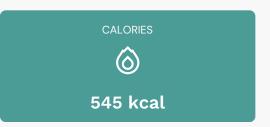


# Roasted Chicken, New Potatoes, and Asparagus

**Gluten Free** 







SIDE DISH

## Ingredients

I pound asparagus
1 tablespoon butter cut into 4 pieces
4 chicken breasts bone-in
3.5 tablespoons cooking oil
10 cloves garlic
4 servings fresh-ground pepper blac

1 tablespoon juice of lemon

	0.5 teaspoon lemon zest grated (from)	
	1.5 pounds new potatoes boiling halved cut into 3/4-inch pieces	
	4 servings salt	
Equipment		
	frying pan	
	oven	
	roasting pan	
Di	rections	
	Heat the oven to 42	
	In a large roasting pan, toss the potatoes and garlic with 11/2 tablespoons of the oil and 1/2 teaspoon salt.	
	Put the pan in the upper third of the oven and cook, stirring once, for 15 minutes.	
	Meanwhile, coat the chicken with 1 tablespoon of the oil; arrange the pieces, skin-side up, in a smaller roasting pan.	
	Sprinkle the chicken with the lemon juice, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Top each piece of chicken with a piece of the butter.	
	Stir the potatoes.	
	Put the chicken in the oven with the potatoes and cook for 10 minutes.	
	Add the asparagus, the remaining 1 tablespoon oil, and 1/8 teaspoon each salt and pepper to the potatoes. Stir and continue cooking until the chicken, potatoes, and asparagus are done, 10 to 15 minutes longer.	
	Remove both pans from the oven. Toss the potatoes and asparagus with the lemon zest.	
	Serve with the chicken breasts.	
	Wine Recommendation: Asparagus can make wines taste sweet, but a New Zealand sauvignon blanc will meet the challenge with high acidity and intense fruitiness. The wine has its own hints of asparagus that will echo the vegetable here.	

# **Nutrition Facts**

## **Properties**

Glycemic Index:36, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:36.812174185463%

#### **Flavonoids**

Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg Hesperetin: O.54mg, Hesperetin: O.54mg, Hesperetin: O.54mg, Hesperetin: O.54mg, Naringenin: O.05mg, Naringenin: O.05mg, Naringenin: O.05mg, Naringenin: O.05mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Myricetin: O.12mg, Myricetin: O.12mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg

### Nutrients (% of daily need)

Calories: 545.14kcal (27.26%), Fat: 21.37g (32.87%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 28.8g (10.47%), Sugar: 4.51g (5.01%), Cholesterol: 152.16mg (50.72%), Sodium: 512.69mg (22.29%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 54.22g (108.45%), Vitamin B3: 26.69mg (133.47%), Selenium: 76.89µg (109.84%), Vitamin B6: 2.18mg (109.03%), Phosphorus: 650.13mg (65.01%), Vitamin K: 61.83µg (58.88%), Potassium: 1875.75mg (53.59%), Vitamin B5: 4.06mg (40.61%), Vitamin C: 27.8mg (33.7%), Vitamin B1: 0.46mg (30.73%), Manganese: 0.59mg (29.6%), Magnesium: 114.44mg (28.61%), Vitamin E: 3.97mg (26.44%), Vitamin B2: 0.45mg (26.41%), Copper: 0.53mg (26.4%), Iron: 4.65mg (25.83%), Folate: 99.75µg (24.94%), Fiber: 5.49g (21.97%), Vitamin A: 1026.03IU (20.52%), Zinc: 2.58mg (17.19%), Vitamin B12: 0.46µg (7.63%), Calcium: 71.06mg (7.11%), Vitamin D: 0.23µg (1.51%)