



Roasted Chicken, New Potatoes, and Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

SIDE DISH

Ingredients

- ☐ 1 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 black
- ☐ 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

Directions

- ☐ Heat the oven to 42
- ☐ In a large roasting pan, toss the potatoes and garlic with 1 1/2 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



 **PROTEIN 39.7%**  **FAT 35.2%**  **CARBS 25.1%**

Properties

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

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg 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 %: 0% (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%)