



Roasted Chicken Thighs Provençal

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 carrots peeled cut into 1-inch chunks
- 1.5 tablespoons rosemary leaves fresh divided chopped
- 2 teaspoons thyme sprigs fresh divided chopped
- 1 tablespoon olive oil
- 24 olives
- 4 plum tomatoes seeded cut into 6 wedges
- 3 pounds potatoes - remove skin red quartered

- 1 teaspoon salt divided
- 36 ounce chicken thighs skinless

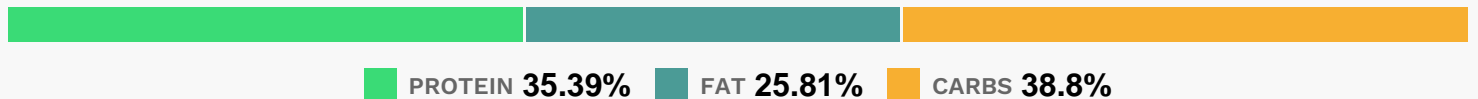
Equipment

- frying pan
- oven

Directions

- Preheat oven to 42
- Place potatoes, tomatoes, and carrots on a jelly-roll pan coated with cooking spray.
- Drizzle vegetable mixture with olive oil; sprinkle with 1 tablespoon chopped rosemary, 1 teaspoon thyme, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Toss gently, and spread into a single layer on pan.
- Bake at 425 for 30 minutes.
- Remove vegetable mixture from pan, and keep warm.
- Sprinkle chicken with remaining 1 1/2 teaspoons chopped rosemary, remaining 1 teaspoon thyme, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- Add chicken and olives to pan.
- Bake at 425 for 35 minutes or until chicken is done.
- Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:30.332608679067%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 426.69kcal (21.33%), Fat: 12.29g (18.91%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 35.64g (12.96%), Sugar: 5.55g (6.16%), Cholesterol: 161.59mg (53.86%), Sodium: 852.77mg (37.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.86%), Vitamin A: 5606.42IU (112.13%), Vitamin B3: 12.71mg (63.54%), Vitamin B6: 1.23mg (61.35%), Selenium: 39.76µg (56.8%), Phosphorus: 478.96mg (47.9%), Potassium: 1660.66mg (47.45%), Vitamin C: 28.14mg (34.11%), Vitamin B5: 2.81mg (28.07%), Magnesium: 100.8mg (25.2%), Vitamin B1: 0.38mg (25.08%), Manganese: 0.48mg (23.81%), Fiber: 5.94g (23.76%), Vitamin B2: 0.4mg (23.66%), Zinc: 3.5mg (23.36%), Copper: 0.46mg (23.21%), Vitamin K: 20.7µg (19.72%), Iron: 3.48mg (19.33%), Vitamin B12: 1.09µg (18.14%), Folate: 60.98µg (15.24%), Vitamin E: 1.7mg (11.34%), Calcium: 65.79mg (6.58%)