



Roasted Chicken with Mustard Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 1 teaspoon brown sugar
- 1 tablespoon butter
- 1 teaspoon canola oil
- 1.3 pounds chicken leg-thigh quarters bone-in
- 3 garlic cloves coarsely chopped
- 0.5 teaspoon kosher salt divided
- 0.5 cup lower-sodium chicken broth fat-free

- 7 ounces mustard greens chopped
- 1 cup onion sliced
- 1 teaspoon paprika
- 1 pound skin-on bone-in

Equipment

- frying pan
- oven

Directions

- Preheat oven to 45
- Sprinkle chicken evenly with paprika, 1/2 teaspoon pepper, and 1/4 teaspoon salt.
- Heat a 10-inch cast-iron skillet over high heat.
- Add oil to pan; swirl to coat.
- Add chicken, flesh sides down; cook 5 minutes. Turn chicken over; cook 2 minutes.
- Place pan in oven.
- Bake at 450 for 20 minutes or until done.
- Let stand 5 minutes.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion and garlic to pan; saut 3 minutes or until lightly browned.
- Add broth and sugar to pan; cook 3 minutes or until broth almost evaporates.
- Add greens to pan; saut 3 minutes or until tender.
- Sprinkle with remaining 1/4 teaspoon pepper and remaining 1/4 teaspoon salt.

Nutrition Facts

 **PROTEIN 39.93%**  **FAT 52.65%**  **CARBS 7.42%**

Properties

Glycemic Index:46.5, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:30.415217586186%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg Kaempferol: 19.27mg, Kaempferol: 19.27mg, Kaempferol: 19.27mg, Kaempferol: 19.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg

Nutrients (% of daily need)

Calories: 467.85kcal (23.39%), Fat: 27.12g (41.73%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.01g (2.18%), Sugar: 3.4g (3.78%), Cholesterol: 198.18mg (66.06%), Sodium: 605.1mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.28g (92.57%), Vitamin K: 132.93µg (126.6%), Vitamin B3: 17.94mg (89.69%), Selenium: 59.88µg (85.55%), Vitamin B6: 1.44mg (72.01%), Vitamin C: 39.76mg (48.19%), Phosphorus: 475.36mg (47.54%), Vitamin A: 1965.04IU (39.3%), Vitamin B5: 3.03mg (30.3%), Potassium: 1003.11mg (28.66%), Vitamin B2: 0.35mg (20.49%), Magnesium: 74.51mg (18.63%), Vitamin B12: 1µg (16.73%), Zinc: 2.41mg (16.08%), Vitamin B1: 0.23mg (15.1%), Iron: 2.32mg (12.86%), Vitamin E: 1.88mg (12.54%), Fiber: 2.58g (10.34%), Copper: 0.21mg (10.27%), Manganese: 0.18mg (9.13%), Calcium: 90.29mg (9.03%), Folate: 22.2µg (5.55%), Vitamin D: 0.23µg (1.56%)