



Roasted Chicken with Potatoes and Shallots

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 0.5 teaspoon rosemary dried
- 1 tablespoon honey
- 1 tablespoon olive oil
- 0.5 pound potatoes red cut in half)
- 4 servings salt
- 6 shallots halved
- 4 skin-on chicken thigh and leg pieces bone-in

1 tablespoon soya sauce

Equipment

bowl

oven

wire rack

baking pan

kitchen thermometer

aluminum foil

Directions

Preheat oven to 450F. Line bottom and sides of a 9-by-13-inch baking pan with heavy-duty aluminum foil. In baking pan, toss potatoes and shallots with oil, rosemary and 1/2 tsp. salt. Roast for 15 to 20 minutes.

In a small bowl, combine soy sauce, honey and mustard.

Remove baking dish from oven and stir potato mixture. Mist a wire rack with cooking spray and place it on top of baking dish.

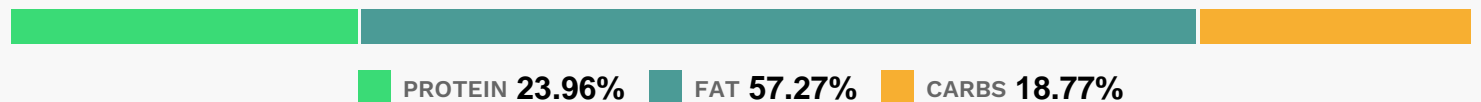
Place chicken on rack.

Brush with soy sauce mixture and roast until an instant-read thermometer registers 165F when stuck into thickest part of thigh, about 35 minutes (check chicken after 20 minutes; if skin is browning too quickly, tent chicken with foil).

Let rest 5 minutes.

Serve chicken with potato mixture.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:3.83, Inflammation Score:-4, Nutrition Score:14.421304430651%

Flavonoids

Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 435.07kcal (21.75%), Fat: 27.75g (42.69%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 18.08g (6.58%), Sugar: 8.12g (9.03%), Cholesterol: 141.61mg (47.2%), Sodium: 612.67mg (26.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.25%), Selenium: 29.11µg (41.58%), Vitamin B3: 7.64mg (38.21%), Vitamin B6: 0.73mg (36.72%), Phosphorus: 295.52mg (29.55%), Potassium: 697.54mg (19.93%), Vitamin B5: 1.77mg (17.67%), Vitamin B12: 0.92µg (15.41%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.23mg (13.36%), Magnesium: 51.54mg (12.89%), Manganese: 0.26mg (12.78%), Vitamin B1: 0.19mg (12.34%), Iron: 2.05mg (11.37%), Copper: 0.19mg (9.68%), Vitamin C: 7.93mg (9.61%), Fiber: 2.38g (9.51%), Folate: 28.51µg (7.13%), Vitamin K: 7.14µg (6.8%), Vitamin E: 0.84mg (5.61%), Calcium: 35mg (3.5%), Vitamin A: 121.23IU (2.42%)