



Roasted Chicken With Tomato-Mint Panzanella

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 skin-on chicken breasts split bone-in
- 2 tablespoons mint leaves fresh minced
- 2 teaspoons garlic clove minced
- 4 servings pepper black freshly ground
- 6 tablespoons olive oil divided
- 0.8 cup onion finely chopped
- 4 tablespoons red wine vinegar divided
- 3 cups bread crumbs cubed

- 1 pound tomatoes roughly chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- roasting pan
- kitchen thermometer

Directions

- Adjust oven rack to lower-middle position and preheat oven to 375°F.
- Generously season chicken with salt and pepper.
- Place in a roasting pan and drizzle with 2 tablespoons of olive oil and 1 tablespoon red wine vinegar.
- Transfer to the oven to cook for 30 minutes.
- While chicken is cooking, combine tomatoes, onion, garlic and mint in a medium mixing bowl.
- Whisk 4 tablespoons olive oil and 3 tablespoons red wine vinegar in a small bowl. Season with salt and pepper.
- Pour 3/4 of the vinaigrette on the tomato salad and stir to combine. Reserve the remainder of the vinaigrette.
- When chicken nears the end of its cooking time, add cubed bread to pan and toss with meat juices to coat. Return to the oven and continue cooking, stirring every 5 minutes until bread is nicely toasted and an instant-read thermometer registers 155°F when inserted into the deepest part of the chicken breast.
- Remove chicken from oven. Toss bread with pan juices one more time and add bread to the tomato mixture, stirring to combine. Allow the salad and chicken to rest for five minutes. Then, serve chicken, drizzled with pan juices and reserve vinaigrette, alongside panzanella.

Nutrition Facts



■ PROTEIN 25.22% ■ FAT 62.98% ■ CARBS 11.8%

Properties

Glycemic Index:31.75, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:21.773043549579%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 653.29kcal (32.66%), Fat: 45.43g (69.89%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.29g (5.92%), Sugar: 10.76g (11.95%), Cholesterol: 115.71mg (38.57%), Sodium: 201.35mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.86%), Vitamin B3: 19.62mg (98.11%), Vitamin B6: 1.11mg (55.35%), Selenium: 30.38µg (43.4%), Phosphorus: 363.76mg (36.38%), Vitamin E: 4.13mg (27.55%), Vitamin A: 1202.15IU (24.04%), Vitamin C: 19.09mg (23.14%), Potassium: 783.51mg (22.39%), Vitamin K: 21.91µg (20.87%), Magnesium: 67.39mg (16.85%), Vitamin B5: 1.61mg (16.1%), Iron: 2.5mg (13.86%), Manganese: 0.27mg (13.73%), Vitamin B1: 0.2mg (13.61%), Vitamin B2: 0.21mg (12.39%), Zinc: 1.78mg (11.89%), Folate: 46.08µg (11.52%), Fiber: 2.86g (11.45%), Vitamin B12: 0.61µg (10.25%), Copper: 0.16mg (8.23%), Calcium: 48.47mg (4.85%), Vitamin D: 0.72µg (4.82%)