



## Roasted Greek Chicken and Potatoes In Lemon-Oregano Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon thyme sprigs fresh
- ☐ 2 tablespoons garlic clove minced
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup juice of lemon fresh (from 3 to 4 lemons)
- ☐ 2 teaspoons lemon zest
- ☐ 4 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 8 medium potatoes – remove skin red peeled quartered
- ☐ 1 teaspoon penzey's southwest seasoning all-purpose (see note above)
- ☐ 1 chicken whole

## Equipment

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

## Directions

- ☐ Adjust oven rack to lower-middle position and preheat oven to 375°F.
- ☐ Whisk together lemon juice, lemon zest, olive oil, garlic, oregano, Greek seasoning, thyme, 3/4 teaspoon salt and 1 1/4 teaspoons black pepper in a medium bowl.
- ☐ Toss potatoes with 3 tablespoons vinaigrette and place in a large roasting pan in the oven. Set aside remaining vinaigrette for later use.
- ☐ Meanwhile, season chicken with 1/2 teaspoon salt.
- ☐ Drizzle generously with a few tablespoons of vinaigrette, massaging onto skin until evenly coated.
- ☐ After 20 minutes have passed, push potatoes to the side of the roasting pan and place chicken in the center of the pan, breast-side down.
- ☐ Bake for 40 minutes, basting with pan juices half way through. Flip chicken over so the breast-side is facing up. Raise the oven temperature to 400°F. Continue cooking, basting with pan juices every 20 minutes or so, until chicken breast registers 155°F at its thickest part on an instant read thermometer, about 30 to 40 minutes longer.
- ☐ Remove from the oven and let rest for 10 minutes before carving.
- ☐ Serve with potatoes and additional vinaigrette.

## Nutrition Facts



 **PROTEIN 20.5%**  **FAT 45.49%**  **CARBS 34.01%**

Properties

Glycemic Index:29.25, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:34.937391322592%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 851.63kcal (42.58%), Fat: 43.49g (66.9%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 73.16g (24.39%), Net Carbohydrates: 64.52g (23.46%), Sugar: 6.45g (7.16%), Cholesterol: 142.83mg (47.61%), Sodium: 211.98mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.1g (88.19%), Vitamin B3: 18.03mg (90.14%), Vitamin B6: 1.48mg (74.16%), Potassium: 2381.55mg (68.04%), Vitamin C: 54.48mg (66.04%), Phosphorus: 552.58mg (55.26%), Selenium: 30.28µg (43.25%), Manganese: 0.85mg (42.41%), Vitamin K: 39.3µg (37.43%), Magnesium: 142.06mg (35.52%), Copper: 0.7mg (34.92%), Fiber: 8.64g (34.55%), Iron: 5.97mg (33.16%), Vitamin B1: 0.48mg (31.99%), Vitamin B5: 3.01mg (30.14%), Zinc: 4.04mg (26.91%), Folate: 100.47µg (25.12%), Vitamin B2: 0.38mg (22.64%), Vitamin E: 3.14mg (20.9%), Calcium: 115.2mg (11.52%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 353.77IU (7.08%), Vitamin D: 0.38µg (2.54%)