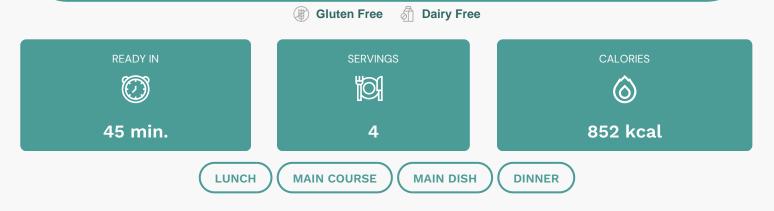


Roasted Greek Chicken and Potatoes In Lemon-Oregano Vinaigrette



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	
Di	rections	
	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 11/4 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

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, Hesperetin: 4.41mg, Hesperetin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.02mg, Apigenin: 0.02mg, A

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 %: O% (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%)