



Roasted Mediterranean Chicken

 **Gluten Free**  **Dairy Free**

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce four cheese alfredo sauce
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 4 cloves garlic peeled
- ☐ 0.5 teaspoon ground pepper black
- ☐ 12 kalamata olives pitted cut in half
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 8 small potatoes red halved

- ☐ 4 roma tomatoes quartered plum
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into large chunks

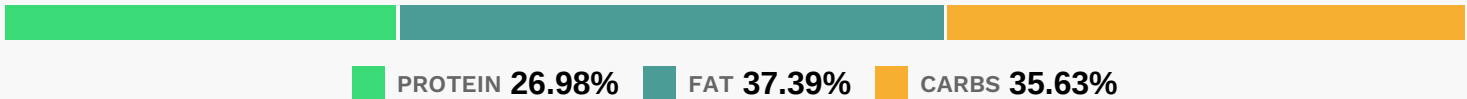
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Place potatoes into a microwave-safe bowl, and cook in microwave oven on High setting for 2 minutes; turn potatoes over (watch for steam) and cook 2 more minutes on High. Set potatoes aside.
- ☐ Mix together the Alfredo sauce, lemon juice, olive oil, salt, black pepper, and garlic in a bowl.
- ☐ Place the chicken pieces into the prepared baking dish, and generously brush chicken with about 1 cup of the mixture. Arrange the potatoes, tomatoes, and garlic cloves around the chicken.
- ☐ Brush the vegetables with the remaining sauce mixture.
- ☐ Sprinkle the chicken and vegetables with rosemary and olives.
- ☐ Bake in the preheated oven until the chicken is cooked through and the potatoes are tender, about 25 minutes. An instant-read thermometer inserted into the chicken should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:22.494347655255%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 468.07kcal (23.4%), Fat: 19.33g (29.74%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 36.71g (13.35%), Sugar: 5.35g (5.94%), Cholesterol: 122.17mg (40.72%), Sodium: 904.73mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin B3: 14.72mg (73.59%), Vitamin B6: 1.3mg (64.89%), Selenium: 37.79µg (53.98%), Potassium: 1567.31mg (44.78%), Phosphorus: 390.39mg (39.04%), Vitamin C: 28.18mg (34.16%), Vitamin B5: 2.31mg (23.07%), Manganese: 0.44mg (22.11%), Magnesium: 86.02mg (21.5%), Fiber: 4.75g (19.01%), Copper: 0.38mg (18.9%), Vitamin B1: 0.28mg (18.54%), Folate: 52.73µg (13.18%), Iron: 2.31mg (12.85%), Vitamin B2: 0.2mg (11.5%), Vitamin K: 11.89µg (11.32%), Zinc: 1.51mg (10.06%), Vitamin A: 436.62IU (8.73%), Vitamin E: 1.11mg (7.39%), Calcium: 42.28mg (4.23%), Vitamin B12: 0.23µg (3.78%)