



 **16%**
HEALTH SCORE

Roasted Mediterranean Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups alfredo sauce light refrigerated or any commercial alfredo sauce
- 14 ounce artichoke hearts drained canned
- 0.5 teaspoon pepper black
- 5 garlic clove crushed
- 10 garlic clove peeled
- 4 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 12 large olives pitted ripe quartered

- 8 plum tomatoes quartered
- 1 pound potatoes - remove skin red
- 1 tablespoon rosemary dried fresh chopped
- 0.3 teaspoon salt
- 16 ounce chicken breast halves

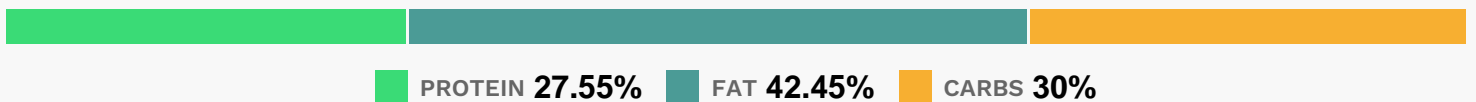
Equipment

- oven
- baking pan

Directions

- Preheat oven to 450
- Combine first 6 ingredients. Arrange chicken in a 13 x 9-inch baking dish coated with cooking spray.
- Brush 3/4 cup sauce mixture over chicken. Arrange potatoes, tomatoes, artichokes, and 10 garlic cloves around chicken.
- Brush vegetables with 1/3 cup sauce mixture.
- Sprinkle with chopped rosemary and olives.
- Bake at 450 for 20 minutes.
- Brush chicken and vegetables with remaining sauce mixture; bake an additional 25 minutes or until potatoes are tender.
- Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:23.071738885797%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 461.86kcal (23.09%), Fat: 21.54g (33.14%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 28.37g (10.32%), Sugar: 7.03g (7.81%), Cholesterol: 123.41mg (41.14%), Sodium: 1380.27mg (60.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.92%), Vitamin B3: 13.99mg (69.93%), Vitamin B6: 1.3mg (64.81%), Selenium: 38.6µg (55.14%), Vitamin C: 33.85mg (41.03%), Potassium: 1292.88mg (36.94%), Phosphorus: 355.91mg (35.59%), Manganese: 0.55mg (27.43%), Fiber: 5.87g (23.47%), Vitamin A: 1140.36IU (22.81%), Vitamin B5: 2.12mg (21.23%), Magnesium: 74.03mg (18.51%), Vitamin B1: 0.24mg (15.96%), Copper: 0.31mg (15.54%), Vitamin K: 16.19µg (15.42%), Vitamin E: 1.88mg (12.51%), Folate: 46.82µg (11.71%), Iron: 2.03mg (11.26%), Vitamin B2: 0.19mg (11.1%), Zinc: 1.4mg (9.33%), Calcium: 63.94mg (6.39%), Vitamin B12: 0.23µg (3.78%)