



Roasted Rosemary Chicken with Potatoes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 24 ounce chicken breasts bone-in with skin halved
- 1.5 pounds tricolor creamer potatoes red quartered
- 1.5 teaspoons rosemary fresh finely chopped
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin

Equipment

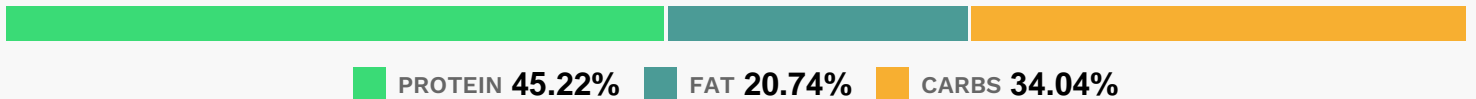
- bowl

- frying pan
- baking paper
- oven
- roasting pan
- kitchen thermometer

Directions

- Position an oven rack in the top of the oven and preheat to 450 degrees F. Line the bottom of a roasting pan with parchment paper.
- Put the potatoes in a large bowl, sprinkle with 2 teaspoons of the oil, the rosemary and 1/4 teaspoon salt and toss to combine. Arrange the potatoes in a single layer in the pan and roast until the potatoes just begin to soften slightly, stirring as needed, 25 to 30 minutes.
- Meanwhile, sprinkle the chicken breasts with 1/2 teaspoon salt and 3/4 teaspoon pepper.
- Heat the remaining 1 teaspoon of oil in a large nonstick skillet over medium-high heat. Cook the chicken skin-side down until just golden, 4 to 5 minutes.
- Set the chicken skin-side up on the partially roasted potatoes. Roast until an instant-read thermometer inserted in the thickest part of the meat reaches 160 degrees F and the juices run clear, 25 to 30 minutes.
- Transfer the chicken and potatoes to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:21.77, Inflammation Score:-5, Nutrition Score:24.560434818268%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 356.13kcal (17.81%), Fat: 8.06g (12.41%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 26.01g (9.46%), Sugar: 1.33g (1.47%), Cholesterol: 108.86mg (36.29%), Sodium: 401.41mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.12%), Vitamin B3: 19.54mg (97.68%), Vitamin B6: 1.78mg (88.81%), Selenium: 54.95µg (78.5%), Phosphorus: 454.34mg (45.43%), Vitamin C: 35.56mg (43.1%), Potassium: 1347.12mg (38.49%), Vitamin B5: 2.93mg (29.29%), Magnesium: 83.56mg (20.89%), Vitamin B1: 0.25mg (16.34%), Fiber: 3.77g (15.09%), Manganese: 0.3mg (14.97%), Vitamin B2: 0.22mg (13.22%), Copper: 0.23mg (11.56%), Iron: 1.99mg (11.05%), Zinc: 1.48mg (9.88%), Folate: 34.08µg (8.52%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.85mg (5.63%), Vitamin K: 5.84µg (5.56%), Calcium: 29.63mg (2.96%), Vitamin D: 0.17µg (1.13%), Vitamin A: 56.07IU (1.12%)