



Sage Chicken and Potatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless
- 3 medium baking potatoes unpeeled cut into 3/4-inch pieces (3 cups)
- 1.5 cups baby carrots
- 12 oz campbell's chicken gravy home-style
- 2 tablespoons worcestershire sauce
- 1 teaspoon sage dried
- 0.5 teaspoon highest available proof grain spirit

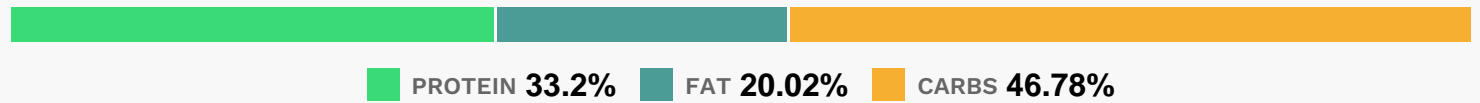
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Arrange chicken, potatoes and carrots in baking dish.
- In small bowl, mix gravy, Worcestershire sauce, sage and garlic pepper.
- Pour over chicken and vegetables. Spray sheet of foil with cooking spray. Cover baking dish with foil, sprayed side down.
- Bake 50 to 60 minutes or until vegetables are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:22.94, Inflammation Score:-10, Nutrition Score:27.216956454775%

Nutrients (% of daily need)

Calories: 339.58kcal (16.98%), Fat: 7.48g (11.51%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 35.78g (13.01%), Sugar: 5.58g (6.2%), Cholesterol: 79.38mg (26.46%), Sodium: 662.6mg (28.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin A: 6949.96IU (139%), Copper: 1.78mg (88.95%), Vitamin B6: 1.45mg (72.66%), Vitamin B3: 13.85mg (69.24%), Selenium: 37.42µg (53.45%), Potassium: 1272.25mg (36.35%), Phosphorus: 347.39mg (34.74%), Vitamin B5: 2.3mg (22.96%), Manganese: 0.4mg (19.91%), Magnesium: 74.07mg (18.52%), Vitamin C: 12.82mg (15.54%), Iron: 2.74mg (15.22%), Vitamin B1: 0.23mg (15.07%), Fiber: 3.54g (14.17%), Vitamin B2: 0.2mg (11.57%), Folate: 41.13µg (10.28%), Zinc: 1.26mg (8.43%), Vitamin K: 7.71µg (7.34%), Calcium: 54.3mg (5.43%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.24mg (1.62%)