



## Sage Chicken and Potatoes

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

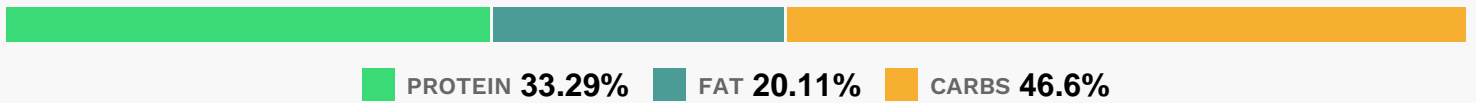
### Equipment

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

## Directions

- Heat oven to 400F. 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:28.69, Glycemic Load:22.74, Inflammation Score:-10, Nutrition Score:27.16739121209%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 337.94kcal (16.9%), Fat: 7.47g (11.5%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 35.47g (12.9%), Sugar: 5.57g (6.18%), Cholesterol: 79.38mg (26.46%), Sodium: 662.62mg (28.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.69%), Vitamin A: 6949.88IU (139%), Copper: 1.78mg (88.85%), Vitamin B6: 1.46mg (72.78%), Vitamin B3: 13.81mg (69.05%), Selenium: 37.45µg (53.51%), Potassium: 1271.13mg (36.32%), Phosphorus: 345.3mg (34.53%), Vitamin B5: 2.29mg (22.91%), Manganese: 0.4mg (19.82%), Magnesium: 73.07mg (18.27%), Vitamin C: 12.94mg (15.68%), Iron: 2.73mg (15.19%), Vitamin B1: 0.23mg (15.08%), Fiber: 3.51g (14.05%), Vitamin B2: 0.2mg (11.5%), Folate: 40.55µg (10.14%), Zinc: 1.23mg (8.22%), Vitamin K: 7.71µg (7.34%), Calcium: 54.85mg (5.48%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.24mg (1.59%)