



Scrumptious Baked Chicken and Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds chicken parts
- ☐ 2 teaspoons rosemary dried crushed
- ☐ 2 teaspoons thyme leaves dried crushed
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 6 potatoes quartered
- ☐ 1 cup water

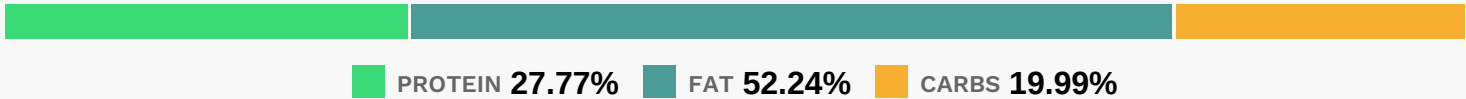
Equipment

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the chicken pieces in a large baking dish; pour the water into the bottom of the dish. Arrange the potatoes around and over the chicken pieces.
- ☐ Drizzle the olive oil over the mixture; season with the rosemary, thyme, salt, and pepper.
- ☐ Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:20.45, Inflammation Score:-6, Nutrition Score:21.291304349899%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 569.44kcal (28.47%), Fat: 32.7g (50.31%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 24.51g (8.91%), Sugar: 1.25g (1.39%), Cholesterol: 144.58mg (48.19%), Sodium: 146.25mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.24%), Vitamin B3: 14.81mg (74.04%), Vitamin B6: 1.15mg (57.4%), Vitamin C: 34.7mg (42.06%), Selenium: 28.26µg (40.37%), Phosphorus: 375.12mg (37.51%), Potassium: 1040.53mg (29.73%), Vitamin B5: 2.23mg (22.29%), Zinc: 3.01mg (20.06%), Magnesium: 76.37mg (19.09%), Iron: 3.33mg (18.48%), Vitamin B2: 0.28mg (16.69%), Vitamin B1: 0.25mg (16.33%), Manganese: 0.31mg (15.7%), Fiber: 3.64g (14.57%), Copper: 0.27mg (13.67%), Vitamin K: 12.48µg (11.89%), Vitamin B12: 0.6µg (9.96%), Folate: 37.91µg (9.48%), Vitamin E: 1.12mg (7.45%), Vitamin A: 283.91IU (5.68%), Calcium: 46.79mg (4.68%), Vitamin D: 0.39µg (2.57%)