



## Shake-a-Leg Chicken Leg

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



906 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups baby carrots
- 4 chicken leg/thigh quarters
- 2 cups green beans
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese divided grated kraft
- 1 lb potatoes red cut into thin wedges
- 1 pkt. shake 'n bake chicken coating mix

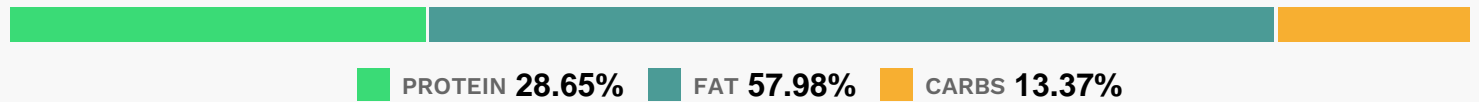
### Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400F. Toss vegetables with dressing.
- Spread into foil-lined 15x10x1-inch baking pan.
- Add 3 Tbsp. of the Parmesan cheese to coating mix in shaker bag. Use to coat chicken as directed on package; place over vegetables.
- Bake 50 min. to 1 hour or until chicken is cooked through (180F) and vegetables are tender.
- Sprinkle vegetables with remaining 1 Tbsp. Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:37.428695554319%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 906.29kcal (45.31%), Fat: 57.89g (89.07%), Saturated Fat: 16.16g (101.02%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 24.78g (9.01%), Sugar: 7.89g (8.77%), Cholesterol: 289.88mg (96.63%), Sodium: 573.43mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.36g (128.72%), Vitamin A: 9651.71IU (193.03%), Vitamin B3: 21.75mg (108.75%), Selenium: 58.4µg (83.43%), Vitamin B6: 1.51mg (75.71%), Phosphorus: 658.08mg (65.81%), Vitamin K: 47.18µg (44.93%), Potassium: 1463.69mg (41.82%), Vitamin B5: 3.92mg (39.18%), Zinc: 5.2mg (34.65%), Vitamin B2: 0.56mg (32.72%), Magnesium: 113.56mg (28.39%), Vitamin B12: 1.6µg (26.66%), Iron: 4.71mg (26.18%), Vitamin C: 21.23mg (25.74%), Vitamin B1: 0.38mg (25.46%), Manganese: 0.44mg (22.23%), Copper: 0.42mg (21.22%), Fiber: 5.27g (21.08%), Folate: 71.98µg (17.99%), Calcium: 141.84mg (14.18%), Vitamin E: 1.47mg (9.77%), Vitamin D: 0.56µg (3.71%)