



## Skillet Chicken and Vegetables

 Gluten Free

READY IN



39 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon pepper black divided
- 2 tablespoons butter
- 2 cups carrots ()
- 2 cups celery ()
- 1.5 cups chicken stock see unsalted (such as Swanson)
- 2 teaspoons cornstarch
- 0.5 cup cooking wine dry white
- 1 tablespoon parsley fresh chopped

- 4 garlic cloves thinly sliced
- 1.3 teaspoons kosher salt divided
- 1 tablespoon meyer lemon juice fresh
- 2 tablespoons olive oil divided
- 1 tablespoon oregano fresh chopped
- 1 large onion red cut into 12 wedges
- 12 ounces potatoes red quartered
- 2 skin-on bone-in
- 2 skin-on bone-in halved

## Equipment

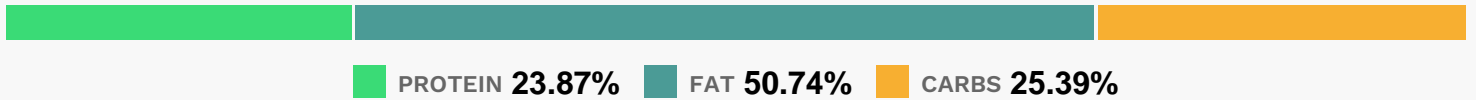
- frying pan
- oven
- kitchen thermometer

## Directions

- Preheat oven to 400
- Heat a large ovenproof skillet over medium-high heat.
- Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper; coat with cooking spray.
- Add chicken to pan, skin side down; cook 6 minutes or until skin is golden brown and crisp. Turn chicken over.
- Place pan in oven.
- Bake at 400 for 12 minutes or until a thermometer inserted in thickest portion of chicken registers 160
- Remove chicken from pan; keep warm. Discard pan drippings (do not wipe pan clean).
- Add 1 tablespoon oil to pan; swirl to coat.
- Add potatoes to pan; sprinkle with 1/4 teaspoon salt. Cook potatoes 3 minutes on each side or until browned.
- Remove potatoes from pan.

- Add lemon slices to pan; cook 1 minute on each side or until browned.
- Remove lemon from pan.
- Add remaining 1 tablespoon oil to pan; swirl to coat.
- Add carrot, celery, onion, and garlic; cook vegetables for 10 minutes, stirring occasionally.
- Add wine and chopped fresh oregano; cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits.
- Return potatoes to pan.
- Combine chicken stock and cornstarch.
- Add stock mixture, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper to pan; bring to a boil. Cook 1 minute. Stir in butter and lemon juice. Return chicken to pan.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:44.97, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:20.008695594642%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.4mg, Apigenin: 2.4mg, Apigenin: 2.4mg, Apigenin: 2.4mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 339.51kcal (16.98%), Fat: 18.47g (28.42%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 17.29g (6.29%), Sugar: 5.25g (5.83%), Cholesterol: 83.14mg (27.71%), Sodium: 750.53mg (32.63%), Alcohol: 2.06g (100%), Alcohol %: 0.78% (100%), Protein: 19.55g (39.09%), Vitamin A: 7522.71IU (150.45%), Vitamin B3: 8.4mg (42.02%), Vitamin B6: 0.73mg (36.61%), Vitamin K: 38.19µg (36.38%), Selenium: 23.36µg (33.37%), Phosphorus: 244.4mg (24.44%), Potassium: 853.52mg (24.39%), Manganese: 0.35mg (17.3%),

Vitamin C: 12.86mg (15.59%), Vitamin B5: 1.45mg (14.49%), Fiber: 3.5g (14.02%), Vitamin B2: 0.23mg (13.61%), Magnesium: 50.26mg (12.57%), Vitamin B1: 0.18mg (11.9%), Folate: 43.8µg (10.95%), Vitamin E: 1.52mg (10.12%), Copper: 0.2mg (9.94%), Iron: 1.73mg (9.62%), Zinc: 1.36mg (9.04%), Calcium: 67.36mg (6.74%), Vitamin B12: 0.39µg (6.53%)