



WHATSheATE



Skillet Rosemary Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces cremini mushrooms halved
- ☐ 2 sprigs rosemary fresh
- ☐ 1 clove garlic smashed
- ☐ 2 juice of lemon (squeezed halves reserved)
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pinch pepper flakes red
- ☐ 24 ounces skin-on bone-in

☐ 0.8 pound if halved quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ cutting board

Directions

- ☐ Preheat the oven to 45
- ☐ Cover the potatoes with cold water in a saucepan and salt the water. Bring to a boil over medium-high heat and cook until tender, about 8 minutes; drain and set aside.
- ☐ Pile the rosemary leaves, garlic, 2 teaspoons salt and the red pepper flakes on a cutting board, then mince and mash into a paste using a large knife.
- ☐ Transfer the paste to a bowl. Stir in the juice of 1 lemon and the olive oil.
- ☐ Add the chicken and turn to coat.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add the chicken, skin-side down, cover and cook until the skin browns, about 5 minutes. Turn the chicken; add the mushrooms and potatoes to the skillet and drizzle with the juice of the remaining lemon.
- ☐ Add the rosemary sprigs and the squeezed lemon halves to the skillet; transfer to the oven and roast, uncovered, until the chicken is cooked through and the skin is crisp, 20 to 25 minutes.
- ☐ Per serving: Calories 413; Fat 23 g (Saturated 5 g); Cholesterol 87 mg; Sodium 1,055 mg; Carbohydrate 19 g; Fiber 2 g; Protein 32 g
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:25.907826102298%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 335.47kcal (16.77%), Fat: 11.64g (17.91%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 15.93g (5.79%), Sugar: 2.7g (3%), Cholesterol: 108.86mg (36.29%), Sodium: 411.5mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.19%), Vitamin B3: 21.43mg (107.17%), Selenium: 73.41µg (104.87%), Vitamin B6: 1.51mg (75.67%), Phosphorus: 496.59mg (49.66%), Potassium: 1353.23mg (38.66%), Vitamin B5: 3.75mg (37.49%), Vitamin B2: 0.55mg (32.18%), Copper: 0.52mg (25.97%), Vitamin C: 15.41mg (18.67%), Magnesium: 70.49mg (17.62%), Vitamin B1: 0.25mg (16.68%), Zinc: 2.07mg (13.77%), Manganese: 0.26mg (13.09%), Folate: 42.92µg (10.73%), Vitamin E: 1.38mg (9.2%), Iron: 1.61mg (8.93%), Fiber: 1.95g (7.79%), Vitamin B12: 0.41µg (6.85%), Vitamin K: 7.06µg (6.72%), Calcium: 32.46mg (3.25%), Vitamin D: 0.24µg (1.61%), Vitamin A: 66.82IU (1.34%)