



Spanish Chicken and Potato Roast



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons parsley fresh roughly chopped
- ☐ 4 cloves garlic smashed coarsely chopped
- ☐ 4 servings kosher salt
- ☐ 2 lemons juiced cut into wedges)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 3 medium onions red halved thinly sliced
- ☐ 1.5 pounds chicken thighs boneless skinless (5 to 6 thighs)

- ☐ 2 teaspoons paprika smoked
- ☐ 1.5 pounds yukon gold potatoes cut into 1 1/2-inch pieces

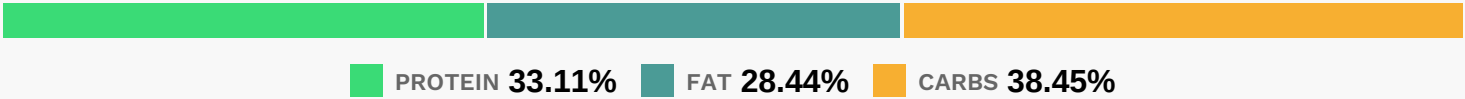
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Position a rack in the upper third of the oven.
- ☐ Place a large cast-iron baking dish or a rimmed baking sheet on the rack and preheat to 500 degrees F.
- ☐ Put the potatoes, garlic, olive oil, 1 tablespoon water and 1/2 teaspoon salt in a large microwave-safe baking dish and toss to coat. Cover with plastic wrap, pierce the plastic in a few places with a knife and microwave 8 minutes to partially cook.
- ☐ Meanwhile, pat the chicken dry and transfer to a bowl.
- ☐ Sprinkle with the paprika, 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Add 2 tablespoons parsley and the lemon juice; toss to coat. Set aside.
- ☐ Remove the hot baking dish from the oven; carefully add the potatoes and spread in an even layer. Scatter the onions on top. Roast until the potatoes start to brown, about 12 minutes.
- ☐ Flip the potatoes and lay the chicken pieces on top, adding any accumulated juices from the bowl; return to the oven and roast until the potatoes are tender and the chicken is cooked through, about 12 more minutes.
- ☐ Remove from the oven and top with the remaining 2 tablespoons parsley.
- ☐ Serve with the lemon wedges.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:61.31, Glycemic Load:24.71, Inflammation Score:-9, Nutrition Score:31.565217432768%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg

Nutrients (% of daily need)

Calories: 452.91kcal (22.65%), Fat: 14.57g (22.41%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 37.08g (13.48%), Sugar: 6.34g (7.05%), Cholesterol: 161.59mg (53.86%), Sodium: 363.35mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.16g (76.32%), Vitamin C: 74.5mg (90.3%), Vitamin K: 79.33µg (75.55%), Vitamin B6: 1.46mg (73.17%), Vitamin B3: 11.62mg (58.09%), Selenium: 40.08µg (57.26%), Phosphorus: 457.81mg (45.78%), Potassium: 1386.25mg (39.61%), Fiber: 7.23g (28.9%), Vitamin B5: 2.81mg (28.09%), Manganese: 0.5mg (24.79%), Vitamin B1: 0.36mg (24.1%), Vitamin B2: 0.41mg (24.02%), Magnesium: 95.52mg (23.88%), Zinc: 3.37mg (22.49%), Iron: 3.75mg (20.81%), Vitamin B12: 1.09µg (18.14%), Vitamin A: 888.07IU (17.76%), Copper: 0.35mg (17.73%), Folate: 62.31µg (15.58%), Vitamin E: 1.75mg (11.69%), Calcium: 82.61mg (8.26%)