

food  
network



HEALTH SCORE

54%

## Tuscan Roasted Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2.5 pounds chicken breast halves bone-in skinless
- ☐ 1 bulb fennel
- ☐ 1 tablespoon rosemary leaves dried fresh chopped
- ☐ 4 cloves garlic finely minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 3 tablespoons oil divided

- ☐ 1 pound roma tomatoes
- ☐ 0.8 teaspoons salt divided
- ☐ 1.5 pound zucchini

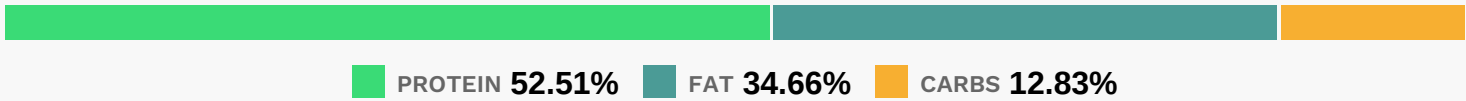
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut the tomatoes lengthwise into quarters and remove the seeds. Trim the zucchini and cut it in half crosswise and then cut each piece in half lengthwise once if the piece is thin and twice if it is thicker, so that the pieces are relatively uniform.
- ☐ Remove the outermost layer of the fennel bulb and discard.
- ☐ Cut the bulb in half so that each half retains part of the stem end.
- ☐ Cut each half into 8 thin wedges so each wedge is held together by a little piece of stem.
- ☐ Put the vegetables into a large baking pan. Toss them with 2 tablespoons oil and 1/4 teaspoon of salt. Arrange the chicken pieces in the pan with the vegetables.
- ☐ In a small bowl combine 1 tablespoon of oil, 1/2 teaspoon of salt, the garlic, lemon zest and lemon juice. Rub the mixture into the chicken in the pan. Season with a few turns of pepper.
- ☐ Roast in the oven for 30 minutes, then give the vegetables a stir and add the rosemary. Cook for about 20 to 30 minutes more until the chicken is done and the vegetable are tender and beginning to brown.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:38.476521808168%

## Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 490.9kcal (24.55%), Fat: 18.84g (28.98%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 10.45g (3.8%), Sugar: 9.68g (10.76%), Cholesterol: 181.44mg (60.48%), Sodium: 815.43mg (35.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.21g (128.43%), Vitamin B3: 31.42mg (157.08%), Selenium: 91.93µg (131.33%), Vitamin B6: 2.57mg (128.38%), Vitamin C: 59.74mg (72.42%), Phosphorus: 721.9mg (72.19%), Vitamin K: 61.28µg (58.36%), Potassium: 2026.72mg (57.91%), Vitamin B5: 4.65mg (46.49%), Manganese: 0.66mg (32.92%), Magnesium: 129.08mg (32.27%), Vitamin A: 1465.17IU (29.3%), Vitamin B2: 0.49mg (28.84%), Vitamin E: 3.54mg (23.61%), Folate: 87.42µg (21.86%), Vitamin B1: 0.32mg (21.04%), Fiber: 5.24g (20.96%), Zinc: 2.55mg (17.03%), Iron: 2.63mg (14.61%), Copper: 0.29mg (14.33%), Calcium: 94.83mg (9.48%), Vitamin B12: 0.57µg (9.45%), Vitamin D: 0.28µg (1.89%)