



 **22%**
HEALTH SCORE

Veggie Oven Chicken

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 carrots coarsely chopped
- 6 strips.
- 6 strips.
- 1 teaspoon parsley dried
- 1 teaspoon garlic powder
- 1 bell pepper green sliced
- 1 teaspoon ground allspice
- 2 tablespoons olive oil

- 2 onion peeled cut into chunks
- 1 teaspoon paprika
- 4 potatoes peeled quartered
- 6 servings salt and pepper to taste
- 2 tomatoes diced
- 1 tablespoon vegetable oil

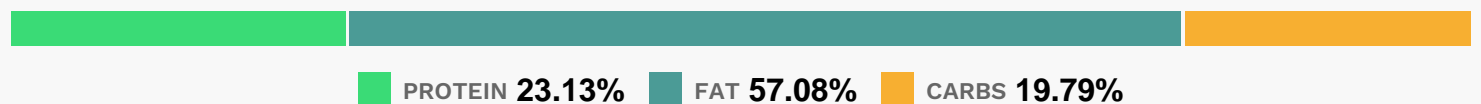
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Add 1 tablespoon vegetable oil to a 9x13 inch baking dish. Season chicken pieces with garlic powder, allspice, parsley, paprika, salt and pepper.
- Place seasoned chicken pieces in baking dish.
- Add the green bell pepper, onion and tomatoes to the chicken.
- Place the carrots and potatoes around the chicken and drizzle 2 tablespoons olive oil over all. Cover dish with aluminum foil and bake in the preheated oven for 1 hour, basting chicken with juices, until chicken is no longer pink inside and potatoes are cooked through and tender.

Nutrition Facts



Properties

Glycemic Index:40.1, Glycemic Load:20.41, Inflammation Score:-10, Nutrition Score:31.598260786222%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin:

0.98mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 707.61kcal (35.38%), Fat: 44.9g (69.08%), Saturated Fat: 11.21g (70.08%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 29.36g (10.68%), Sugar: 5.71g (6.34%), Cholesterol: 221.48mg (73.83%), Sodium: 402.44mg (17.5%), Alcohol: 0g (100%), Protein: 40.94g (81.89%), Vitamin A: 5856.4IU (117.13%), Vitamin B6: 1.37mg (68.68%), Vitamin C: 54.21mg (65.71%), Vitamin B3: 12.72mg (63.61%), Selenium: 43.05µg (61.51%), Phosphorus: 476.7mg (47.67%), Potassium: 1361.71mg (38.91%), Vitamin B5: 2.91mg (29.13%), Vitamin B12: 1.45µg (24.11%), Zinc: 3.5mg (23.35%), Vitamin B1: 0.35mg (23.2%), Vitamin B2: 0.39mg (22.95%), Magnesium: 90.92mg (22.73%), Fiber: 5.67g (22.67%), Vitamin K: 23.8µg (22.66%), Manganese: 0.44mg (21.87%), Iron: 3.12mg (17.35%), Copper: 0.34mg (17.05%), Vitamin E: 1.95mg (13.01%), Folate: 50.94µg (12.74%), Calcium: 63.42mg (6.34%), Vitamin D: 0.23µg (1.51%)