



Weeknight Roast Chicken with Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

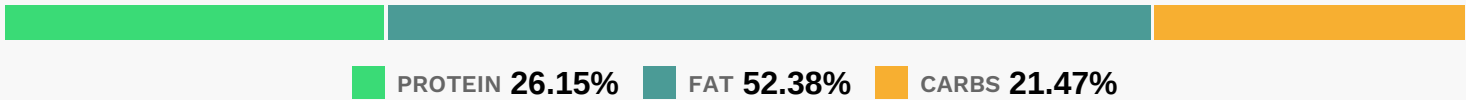
- ☐ 1 tbsp olive oil
- ☐ 0.3 cup korean honey citron tea paste red
- ☐ 3.5 lbs roasting chickens
- ☐ 2 lbs yukon gold potatoes cut into 1-inch cubes

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Weeknight Roast Chicken with Potatoes
- ☐ Roast Chicken Ingredients1 roasting chicken (3 1/2 to 4 lbs)5 tbsp Amped-Up Red Pepper Paste
- ☐ Potato Ingredients2 lbs Yukon Gold potatoes, cut into 1-inch cubes1/4 cup Amped-Up Red Pepper Paste1 tbsp olive oil
- ☐ Total Time: 2 Hours
- ☐ Servings: 4
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:29, Inflammation Score:-9, Nutrition Score:34.474347746891%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 840.45kcal (42.02%), Fat: 48.55g (74.69%), Saturated Fat: 13.33g (83.29%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 39.71g (14.44%), Sugar: 3.3g (3.66%), Cholesterol: 249.17mg (83.06%), Sodium: 217.01mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.52g (109.05%), Vitamin B3: 21.28mg (106.42%), Vitamin B6: 1.62mg (81.17%), Vitamin C: 54.36mg (65.89%), Phosphorus: 616.2mg (61.62%), Vitamin A: 2480.93IU (49.62%), Selenium: 34.48µg (49.25%), Vitamin B12: 2.87µg (47.81%), Potassium: 1585.85mg (45.31%), Vitamin B5: 3.62mg (36.24%), Vitamin B2: 0.58mg (34.12%), Iron: 5.89mg (32.75%), Zinc: 4.39mg (29.29%), Folate: 113.32µg (28.33%), Magnesium: 109.26mg (27.31%), Vitamin B1: 0.37mg (24.52%), Copper: 0.44mg (22.05%), Manganese: 0.43mg (21.26%), Fiber: 5.07g (20.3%), Vitamin K: 6.62µg (6.31%), Calcium: 59.64mg (5.96%), Vitamin E: 0.57mg (3.8%)