



Zesty Roasted Chicken and Potatoes

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

READY IN



70 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 lb chicken breast boneless skinless
- 0.5 teaspoon salt
- 0.3 cup salad dressing
- 3 tablespoons dijon mustard
- 1 tablespoon vegetable oil
- 0.5 teaspoon pepper
- 2 cloves garlic finely chopped
- 1 lb potatoes - remove skin red cut into 6 wedges

1 serving chives fresh chopped

Equipment

bowl

oven

aluminum foil

broiler pan

Directions

Heat oven to 350°F. Line broiler pan with foil. Spray rack of broiler pan with cooking spray. Arrange chicken on center of rack in broiler pan; sprinkle both sides with salt.

In large bowl, mix mayonnaise, mustard, oil, pepper and garlic; brush about 3 tablespoons mixture on chicken.

Add potatoes to remaining mayonnaise mixture; toss. Arrange potatoes around chicken.

Bake uncovered 45 to 55 minutes, turning potatoes halfway through cooking, until potatoes are tender and juice of chicken is clear when center of thickest part is cut (170°F).

Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:17.038695610088%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 261.64kcal (13.08%), Fat: 8.82g (13.57%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 12.77g (4.64%), Sugar: 2.51g (2.78%), Cholesterol: 84.67mg (28.22%), Sodium: 573.21mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.95%), Vitamin B3: 14.74mg (73.68%), Selenium:

45.68µg (65.25%), Vitamin B6: 1.15mg (57.3%), Phosphorus: 335.89mg (33.59%), Potassium: 862.45mg (24.64%), Vitamin B5: 2.13mg (21.27%), Vitamin K: 14.69µg (13.99%), Magnesium: 55.89mg (13.97%), Vitamin B1: 0.17mg (11%), Vitamin C: 8.58mg (10.4%), Manganese: 0.2mg (10.04%), Vitamin B2: 0.16mg (9.55%), Copper: 0.15mg (7.53%), Zinc: 1.09mg (7.26%), Iron: 1.23mg (6.85%), Fiber: 1.67g (6.7%), Vitamin E: 0.76mg (5.06%), Folate: 19.66µg (4.91%), Vitamin B12: 0.26µg (4.41%), Calcium: 23.42mg (2.34%), Vitamin A: 63.26IU (1.27%)