



Zesty Roasted Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings chives fresh chopped to taste
- ☐ 3 tablespoons dijon mustard
- ☐ 2 cloves garlic pressed
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound potatoes quartered
- ☐ 6 chicken breast boneless skinless

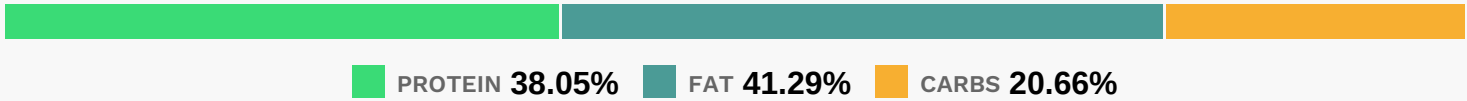
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Arrange chicken and potatoes in a lightly greased jelly roll pan. Blend mayonnaise and next 3 ingredients in a small bowl; brush over chicken and potatoes.
- ☐ Bake, uncovered, at 400 for 25 to 30 minutes or until potatoes are tender and juices run clear when chicken is pierced with a fork.
- ☐ Sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:45.46, Glycemic Load:9.85, Inflammation Score:-4, Nutrition Score:16.346086908942%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 278.44kcal (13.92%), Fat: 12.57g (19.35%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.08g (4.39%), Sugar: 0.8g (0.89%), Cholesterol: 77.55mg (25.85%), Sodium: 297.37mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.14%), Vitamin B3: 12.64mg (63.2%), Selenium: 39.38µg (56.26%), Vitamin B6: 1.09mg (54.49%), Phosphorus: 293.48mg (29.35%), Vitamin K: 24.48µg (23.31%), Potassium: 759.29mg (21.69%), Vitamin C: 17.17mg (20.81%), Vitamin B5: 1.89mg (18.89%), Magnesium: 51.45mg (12.86%), Manganese: 0.21mg (10.32%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.15mg (8.65%), Fiber: 2.07g (8.3%), Iron: 1.2mg (6.68%), Zinc: 0.96mg (6.4%), Copper: 0.13mg (6.34%), Folate: 18.87µg (4.72%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.24µg (4.02%), Calcium: 23.91mg (2.39%), Vitamin A: 93.36IU (1.87%)