



## Zesty Roasted Chicken with Mediterranean Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings basil leaves for garnish
- 0.5 cup olives black pitted chopped
- 2 chicken thighs bone-in
- 4 tablespoons capers
- 1 cup chicken broth
- 0.5 cup feta cheese crumbled
- 2 servings kosher salt and pepper black freshly ground

- 0.5 cup juice of lemon
- 1 tablespoon lemon zest grated
- 2 servings mint leaves for garnish
- 2 tablespoons olive oil extra-virgin
- 0.5 cup orange juice
- 1 tablespoon orange zest grated
- 2 servings parsley leaves for garnish
- 3 russet potatoes

## Equipment

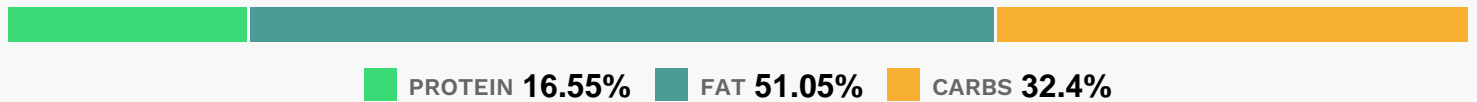
- bowl
- frying pan
- baking sheet
- oven
- pot
- wooden spoon
- kitchen thermometer

## Directions

- Preheat the oven to 375 degrees F.
- In a large bowl, toss the chicken with the citrus juices, lemon zest and salt and pepper, to taste.
- Let sit for a few minutes.
- In a large saute pan over medium-high heat, add the olive oil. When the oil is hot, remove the chicken from the marinade, shaking off the excess. (Do not discard the marinade.) Season the chicken with salt and pepper, to taste, and sear on both sides in the hot oil.
- Transfer the chicken to a baking sheet and finish cooking the chicken in the oven. Cook until internal temperature reaches 165 degrees F on an instant-read thermometer, about 10 to 12 minutes. Reheat the same saute pan over medium-high heat.

- Pour in the marinade and deglaze the pan. Stir with a wooden spoon and scrape up any brown bits on the bottom.
- Add the orange zest and the chicken broth and simmer to reduce by 2/
- Potatoes: Peel and cut the potatoes into small chunks.
- Add them to a medium pot over medium heat. Cover with water and bring to a simmer. Cook them until al dente.
- Drain the potatoes well.
- Heat a large saute pan over medium-high heat and add 2 tablespoons olive oil.
- Add the potatoes and saute for 1 to 2 minutes. Turn off the heat and gently stir in the capers, black olives and feta cheese. Season salt and pepper, to taste.
- Transfer to a serving bowl and garnish with basil, mint and parsley.
- Arrange the chicken on a serving platter and serve with the potatoes.

## Nutrition Facts



### Properties

Glycemic Index:148.88, Glycemic Load:49.16, Inflammation Score:-9, Nutrition Score:40.253478464873%

### Flavonoids

Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg Hesperetin: 16.34mg, Hesperetin: 16.34mg, Hesperetin: 16.34mg, Hesperetin: 16.34mg Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 21.07mg, Kaempferol: 21.07mg, Kaempferol: 21.07mg, Kaempferol: 21.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 28mg, Quercetin: 28mg, Quercetin: 28mg, Quercetin: 28mg

### Nutrients (% of daily need)

Calories: 900.15kcal (45.01%), Fat: 52.21g (80.32%), Saturated Fat: 14.26g (89.14%), Carbohydrates: 74.55g (24.85%), Net Carbohydrates: 67.56g (24.57%), Sugar: 9.64g (10.72%), Cholesterol: 177.34mg (59.11%), Sodium: 1964.64mg (85.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.15%), Vitamin C: 87.45mg (106.01%), Vitamin B6: 1.84mg (92.13%), Vitamin K: 96.42µg (91.83%), Vitamin B3: 11.26mg (56.31%), Phosphorus: 558.8mg (55.88%), Potassium: 1926.72mg (55.05%), Selenium: 35.08µg (50.11%), Vitamin B2: 0.75mg (43.98%), Vitamin B1: 0.54mg (36.15%), Manganese: 0.67mg (33.58%), Magnesium: 134.07mg (33.52%), Vitamin B5: 3.06mg (30.62%), Calcium: 298.02mg (29.8%), Copper: 0.59mg (29.68%), Iron: 5.15mg (28.59%), Fiber: 6.99g (27.97%),

Zinc: 4.11mg (27.38%), Vitamin E: 4.07mg (27.14%), Folate: 106.44µg (26.61%), Vitamin B12: 1.58µg (26.37%), Vitamin A: 1058.47IU (21.17%), Vitamin D: 0.29µg (1.96%)