

Baked Chicken with Vegetables

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

- 4 potatoes (sliced)
- 6 carrot (sliced)
- 1 onion (large, quartered)
- 1 chicken (raw, - cleaned and cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

Instructions:

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for one hour or more until browned and tender.

Cost:

Per Serving: \$1.07

Nutrition Facts	
Serving Size 1/6 of recipe (314g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 30
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	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 26g	
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Vitamin A 210%	• Vitamin C 40%
Calcium 6%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	