

# Baked Garlic Parmesan Chicken And Potatoes

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-and-potato-baked-recipes>

## Ingredients:

- 6 bone in chicken thighs optional: skin-on
- 1 pound potatoes baby Dutch, halved or quartered
- 4 cups baby spinach chopped
- 4 tablespoons unsalted butter divided
- 1 tablespoon Italian seasoning
- kosher salt
- freshly ground pepper
- fresh parsley optional
- 1 cup low sodium chicken broth
- 1/2 cup half and half
- 1/2 cup Parmesan cheese grated
- 1/4 cup unsalted butter
- 1/4 cup all-purpose flour
- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano

## Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 345 milligrams
4. Fat: 69 grams
5. Fiber: 4 grams
6. Protein: 68 grams
7. SaturatedFat: 28 grams
8. Sodium: 720 milligrams

9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Baked Garlic Parmesan Chicken And Potatoes above. You can see more 16 chicken and potato baked recipes Taste the magic today! to get more great cooking ideas.