

# Garlic Parmesan Chicken

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 6 bone in chicken thighs skin-on, optional
- 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 cloves garlic 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 Garlic Parmesan Chicken above. You can see more 18 chicken potato recipes Prepare to be amazed! to get more great cooking ideas.