

Italian Chicken Traybake

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-chicken-thighs-milk-rosemary>

Ingredients:

- 8 chicken thighs
- 2 cups plum tomatoes baby
- 1 red onion
- 1 orange pepper red/
- 1 sprig fresh rosemary
- 2 teaspoons dried oregano
- 4 garlic cloves whole
- salt
- pepper
- olive oil

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 310 milligrams
4. Fat: 60 grams
5. Fiber: 2 grams
6. Protein: 65 grams
7. SaturatedFat: 15 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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