




 **15%**  
HEALTH SCORE

# Blushing Pomegranate Chicken


 **Gluten Free**  **Dairy Free**

READY IN




**175 min.**

SERVINGS



**8**

CALORIES



**485 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 3.5 pounds chicken pieces bone-in
- 4 cloves garlic crushed
- 1 bunch spring onion sliced
- 1 teaspoon ground ginger
- 0.3 cup olive oil

- 1 cup pomegranate juice
- 0.3 cup pomegranate seeds
- 1 teaspoon salt
- 0.3 cup sherry vinegar
- 2 pounds sweet potatoes and into peeled quartered

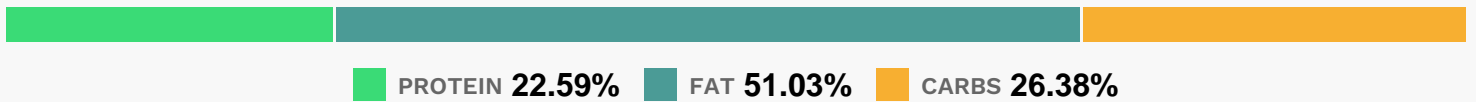
## Equipment

- bowl
- oven
- baking pan

## Directions

- Arrange sweet potatoes and chicken pieces in a 9x13 inch baking dish. In a small bowl, mix together pomegranate juice, sherry vinegar, olive oil, brown sugar, ginger, garlic, and salt and pepper.
- Pour over chicken and sweet potatoes. Cover, and marinate for 1 to 2 hours, turning once.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake, uncovered, in preheated oven for 45 minutes, or until chicken and sweet potatoes are cooked through. Baste with cooking juices several times while cooking.
- Sprinkle with green onion and pomegranate seeds before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:20.346086885618%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Apigenin:

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## **Nutrients (% of daily need)**

Calories: 485.39kcal (24.27%), Fat: 27.31g (42.01%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 27.95g (10.16%), Sugar: 12.37g (13.74%), Cholesterol: 101.21mg (33.74%), Sodium: 452.86mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin A: 16307.17IU (326.14%), Vitamin B3: 9.95mg (49.76%), Vitamin B6: 0.75mg (37.45%), Selenium: 20.64µg (29.49%), Phosphorus: 261.57mg (26.16%), Manganese: 0.48mg (24.05%), Vitamin B5: 2.26mg (22.6%), Potassium: 741.35mg (21.18%), Vitamin K: 18.55µg (17.66%), Fiber: 3.8g (15.19%), Magnesium: 60.33mg (15.08%), Zinc: 2.2mg (14.64%), Vitamin B2: 0.24mg (14.3%), Copper: 0.26mg (13.1%), Vitamin E: 1.84mg (12.26%), Vitamin B1: 0.18mg (12.16%), Iron: 2.17mg (12.07%), Folate: 32.03µg (8.01%), Vitamin C: 6.51mg (7.89%), Vitamin B12: 0.42µg (6.97%), Calcium: 61.42mg (6.14%), Vitamin D: 0.27µg (1.8%)