



Chicken & Eggs in a Sweet Potato Nest



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 4 eggs lightly beaten
- ☐ 1 Tablespoon mustard deli-style (All of the Boar's Head condiments are GF/DF)
- ☐ 2 Tablespoons olive oil
- ☐ 1 cup oven-roasted chicken breast diced finely (Boar's Head brand is GF/DF)
- ☐ 1 Pound sweet potatoes shredded
- ☐ 1 Teaspoon thyme leaves minced
- ☐ 0.5 cup onion yellow sliced

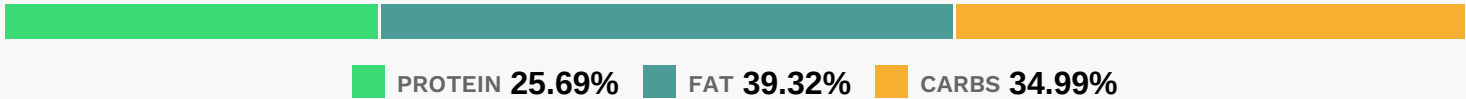
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.In large nonstick skillet, heat oil over medium heat and cook onion until soft and golden.
- ☐ Mix shredded sweet potatoes with sautéed onions and mustard. Mold mixture into separate cups in a muffin tin.
- ☐ Bake for 30 to 35 minutes or until crisp; cool in the pan. (This can be done a day ahead of time. Cover the cooled cups and wrap in plastic; refrigerate.)Scramble eggs with chicken, and when cooked, evenly divide among the sweet potato cups.Top with thyme and serve.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:13.424782670063%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 193.91kcal (9.7%), Fat: 8.43g (12.97%), Saturated Fat: 1.82g (11.41%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.23g (5.18%), Sugar: 3.87g (4.3%), Cholesterol: 128.95mg (42.98%), Sodium: 128.66mg (5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Vitamin A: 10906.37IU (218.13%), Selenium: 16.82µg (24.02%), Vitamin B3: 3.68mg (18.39%), Vitamin B6: 0.37mg (18.34%), Phosphorus: 153.73mg (15.37%), Vitamin B5: 1.3mg (13.05%), Vitamin B2: 0.21mg (12.56%), Manganese: 0.24mg (12.03%), Potassium: 380.27mg (10.86%), Fiber: 2.65g (10.6%), Vitamin E: 1.25mg (8.34%), Magnesium: 32.25mg (8.06%), Copper: 0.16mg (7.78%), Iron: 1.37mg (7.61%), Vitamin B1: 0.1mg (6.54%), Folate: 25.89µg (6.47%), Zinc: 0.88mg (5.89%), Vitamin B12: 0.34µg (5.67%), Calcium: 48.64mg (4.86%), Vitamin K: 4.42µg (4.21%), Vitamin D: 0.61µg (4.07%), Vitamin C: 3.34mg (4.05%)