



Chicken Nuggets and Sweet Fries

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb chicken breast halves cut into chunks
- ☐ 0.5 teaspoon cumin
- ☐ 0.7 cup dijon honey mustard
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups panko bread crumbs
- ☐ 4 servings salt and pepper
- ☐ 1.5 pounds sweet potatoes peeled cut into sticks

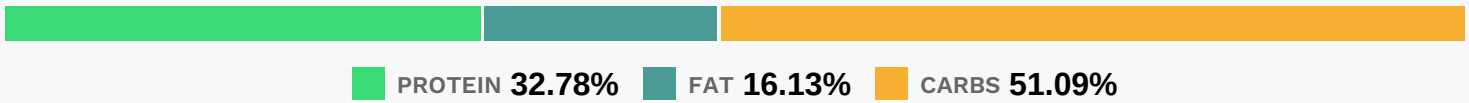
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 400F. In a large bowl, toss sweet potatoes with oil, salt and cumin.
- ☐ Spread on an oiled baking sheet.
- ☐ Place bread crumbs in a shallow pan or pie plate. In a large bowl, toss chicken chunks with salt and pepper. Stir in honey mustard to coat thoroughly.
- ☐ Place chicken chunks, several at a time, into panko and press on all sides to adhere.
- ☐ Spread on an oiled baking sheet.
- ☐ Bake sweet potatoes and chicken about 20 minutes, turning occasionally with a metal spatula. Increase heat to 450F.
- ☐ Remove chicken after 5 minutes, once it's golden and cooked through; tent with foil to keep warm until ready to serve. Cook sweet potatoes until golden brown and crisp, 10 to 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:16.89, Inflammation Score:-10, Nutrition Score:31.08695645436%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 529.13kcal (26.46%), Fat: 9.04g (13.91%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 58.46g (21.26%), Sugar: 16.58g (18.42%), Cholesterol: 108.86mg (36.29%), Sodium: 829.9mg (36.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.33g (82.66%), Vitamin A: 24185.89IU (483.72%), Vitamin B3: 19.94mg (99.72%), Selenium: 60.19µg (85.99%), Vitamin B6: 1.65mg (82.67%), Phosphorus: 469.33mg (46.93%), Vitamin B5: 3.89mg (38.88%), Potassium: 1243.88mg (35.54%), Manganese: 0.65mg (32.28%), Vitamin B1: 0.42mg (28.29%), Magnesium: 95.73mg (23.93%), Fiber: 5.97g (23.89%), Vitamin B2: 0.35mg (20.6%), Copper: 0.35mg (17.65%), Iron: 2.76mg (15.33%), Zinc: 1.78mg (11.87%), Folate: 45.6µg (11.4%), Calcium: 96.33mg (9.63%), Vitamin E: 1.29mg (8.62%), Vitamin C: 6.14mg (7.45%), Vitamin B12: 0.41µg (6.76%), Vitamin K: 6.76µg (6.44%), Vitamin D: 0.17µg (1.13%)