



Chicken With Buffalo Sauce And Blue Cheese Dip With Roasted Sweet Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cheese blue crumbled
- 4 stalks celery cut into 4-inch pieces, optional
- 2 tablespoons chili oil hot
- 2 teaspoons chili powder
- 1 large eggplant
- 2 teaspoons salt

- 6 chicken breast halves boneless skinless
- 0.5 cup cup heavy whipping cream sour
- 2 large sweet potatoes peeled cut into wedges

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F. Coat 2 large baking sheets with cooking spray.
- In a small bowl, combine salt, chili powder and black pepper.
- Pat chicken dry.
- Brush chicken all over with chili oil.
- Sprinkle salt mixture all over chicken and transfer chicken to prepared baking sheet. Roast 25 minutes, until cooked through.
- Arrange sweet potatoes and eggplant on a separate baking sheet. Spray with cooking spray and season with salt and black pepper. Roast 25 to 30 minutes, until tender.
- In a small bowl, combine sour cream and blue cheese.
- Serve dip with 4 of the chicken breast halves (reserve 2 chicken breast halves for another meal) and sweet potatoes on the side.
- Serve with celery, if desired. Reserve eggplant for another meal.

Nutrition Facts



PROTEIN 32.43% **FAT 33.99%** **CARBS 33.58%**

Properties

Glycemic Index:44.75, Glycemic Load:18.11, Inflammation Score:-10, Nutrition Score:35.455652407978%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 525.38kcal (26.27%), Fat: 19.9g (30.61%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 34.68g (12.61%), Sugar: 12.78g (14.2%), Cholesterol: 131.77mg (43.92%), Sodium: 1609.66mg (69.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.71g (85.41%), Vitamin A: 24915.36IU (498.31%), Vitamin B3: 19.73mg (98.64%), Vitamin B6: 1.8mg (89.89%), Selenium: 58.26µg (83.23%), Phosphorus: 530.63mg (53.06%), Potassium: 1645.26mg (47.01%), Vitamin B5: 4.45mg (44.49%), Manganese: 0.81mg (40.54%), Fiber: 9.55g (38.22%), Magnesium: 113.55mg (28.39%), Vitamin B2: 0.43mg (25.21%), Vitamin K: 25.24µg (24.03%), Copper: 0.43mg (21.52%), Vitamin B1: 0.31mg (20.33%), Vitamin E: 2.74mg (18.24%), Folate: 70.13µg (17.53%), Calcium: 164.01mg (16.4%), Zinc: 2.1mg (13.97%), Iron: 2.29mg (12.71%), Vitamin C: 10.14mg (12.29%), Vitamin B12: 0.5µg (8.37%), Vitamin D: 0.21µg (1.41%)