



Chicken with Roasted Sweet Potato Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper divided
- ☐ 1 onion red thinly sliced
- ☐ 24 ounce chicken breasts boneless skinless
- ☐ 4 cups pkt spinach thick
- ☐ 1 pound sweet potatoes peeled cut into thin wedges

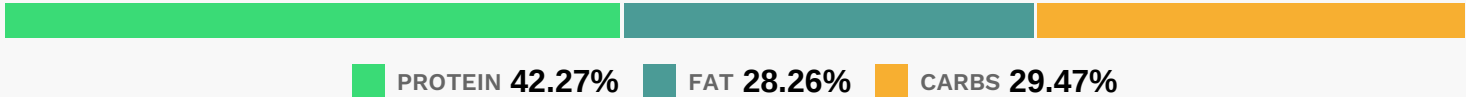
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Toss together the sweet potatoes, onion, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper on a rimmed baking sheet. Roast 2025 minutes or until tender.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in a skillet over medium–high heat. Season chicken with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook for 56 minutes per side or until chicken is golden and cooked through.
- ☐ Toss the sweet potatoonion mixture with spinach and fresh lime juice.
- ☐ Serve warm with chicken.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:12, Inflammation Score:-10, Nutrition Score:34.089130396428%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 373.72kcal (18.69%), Fat: 11.62g (17.88%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 22.64g (8.23%), Sugar: 6.16g (6.84%), Cholesterol: 108.86mg (36.29%), Sodium: 866.19mg

(37.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Vitamin A: 18957.58IU (379.15%), Vitamin K: 152.06µg (144.82%), Vitamin B3: 18.64mg (93.18%), Vitamin B6: 1.61mg (80.31%), Selenium: 55.57µg (79.39%), Phosphorus: 434.62mg (43.46%), Potassium: 1231.35mg (35.18%), Vitamin B5: 3.4mg (33.97%), Manganese: 0.66mg (32.87%), Magnesium: 100.07mg (25.02%), Vitamin C: 17.48mg (21.19%), Folate: 83.5µg (20.87%), Fiber: 4.62g (18.49%), Vitamin B2: 0.31mg (17.94%), Vitamin B1: 0.24mg (15.7%), Vitamin E: 2.26mg (15.06%), Copper: 0.27mg (13.63%), Iron: 2.27mg (12.59%), Zinc: 1.54mg (10.29%), Calcium: 81.14mg (8.11%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)