



Chicken with Roasted Sweet Potato Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings kosher salt and pepper black
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons olive oil
- ☐ 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

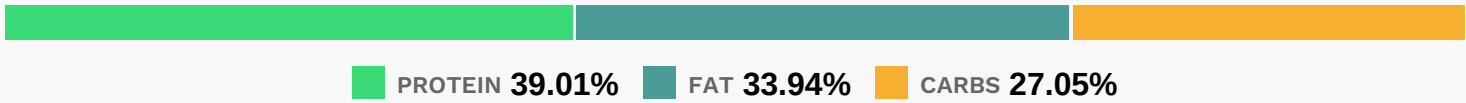
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425 F. On a rimmed baking sheet, toss the potatoes, onion, 2 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast until tender, 20 to 25 minutes. Meanwhile, heat the remaining tablespoon of oil in a skillet over medium-high heat. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook until browned and cooked through, 5 to 6 minutes per side. In a large bowl, toss the warm potato mixture with the spinach, lime juice, and 1/4 teaspoon salt.
- ☐ Serve with the chicken. Substitutions: Tossing warm roasted vegetables with fresh spinach gently wilts and tenderizes the greens. In place of sweet potatoes, try butternut squash, rutabaga, carrots, or parsnips.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:34.118260896724%

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: 404.03kcal (20.2%), Fat: 15.11g (23.25%), Saturated Fat: 2.46g (15.41%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 22.55g (8.2%), Sugar: 6.16g (6.84%), Cholesterol: 108.86mg (36.29%), Sodium: 478.63mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.17%), Vitamin A: 18956.22IU (379.12%), Vitamin K: 153.76µg (146.44%), Vitamin B3: 18.63mg (93.16%), Vitamin B6: 1.61mg (80.27%), Selenium: 55.56µg (79.37%),

Phosphorus: 434.23mg (43.42%), Potassium: 1227.98mg (35.09%), Vitamin B5: 3.39mg (33.94%), Manganese: 0.62mg (31.23%), Magnesium: 99.63mg (24.91%), Vitamin C: 17.48mg (21.19%), Folate: 83.45µg (20.86%), Vitamin E: 2.76mg (18.41%), Fiber: 4.56g (18.24%), Vitamin B2: 0.3mg (17.91%), Vitamin B1: 0.24mg (15.68%), Copper: 0.27mg (13.45%), Iron: 2.26mg (12.55%), Zinc: 1.54mg (10.26%), Calcium: 79.82mg (7.98%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)