



Chicken with Sweet Potatoes and Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 3.5 pound meat from a rotisserie chicken cut into pieces
- 2 tablespoons honey
- 2.5 teaspoons kosher salt
- 3 tablespoons olive oil
- 1.5 pounds sweet potatoes peeled
- 1 medium onion yellow cut into 1-inch chunks)

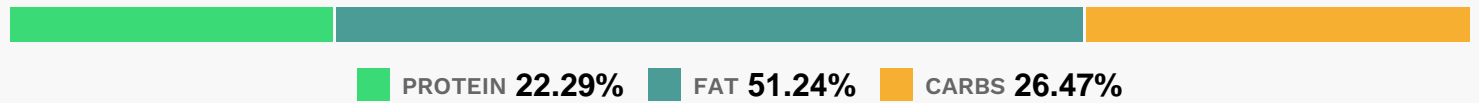
Equipment

- bowl
- frying pan
- paper towels
- oven
- roasting pan

Directions

- Heat oven to 400 F. Rinse the chicken and pat it dry with paper towels.
- Place in a roasting pan.
- Drizzle with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/2 teaspoon of the pepper. Rub to coat. Roast the chicken for 25 minutes. Meanwhile, in a large bowl, combine the potatoes, onion, honey, and the remaining oil, salt, and pepper. After the chicken has been in the oven for 25 minutes, add the sweet potato mixture to the pan. Cook for 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:42.32, Glycemic Load:22.02, Inflammation Score:-10, Nutrition Score:25.886956712474%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 692.56kcal (34.63%), Fat: 39.32g (60.49%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 40g (14.54%), Sugar: 16.9g (18.78%), Cholesterol: 142.88mg (47.63%), Sodium: 1682.14mg (73.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Vitamin A: 2440IU (488.02%), Vitamin B3: 13.95mg (69.76%), Vitamin B6: 1.06mg (52.94%), Selenium: 28.7µg (41%), Phosphorus: 368.98mg (36.9%), Vitamin B5: 3.14mg (31.41%), Manganese: 0.57mg (28.52%), Potassium: 984.29mg (28.12%), Fiber: 5.69g (22.75%), Magnesium: 84.26mg (21.07%), Zinc: 3.08mg (20.56%), Vitamin B2: 0.34mg (20.26%),

Copper: 0.37mg (18.45%), Vitamin B1: 0.26mg (17.34%), Vitamin E: 2.54mg (16.9%), Iron: 2.96mg (16.45%), Vitamin K: 12.96µg (12.35%), Vitamin C: 9.22mg (11.17%), Vitamin B12: 0.59µg (9.84%), Folate: 35.64µg (8.91%), Calcium: 81.61mg (8.16%), Vitamin D: 0.38µg (2.54%)