






 **81%**  
HEALTH SCORE

# Herb chicken with sweet potato mash and sautéed broccoli

 **Gluten Free**  **Very Healthy**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**710 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 1 medium head broccoli cut into florets
- 4 servings herbs like: thym mixed juicy
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- 60 mL olive oil
- 1 large baking potatoes diced peeled
- 4 servings pepper black freshly ground
- 1.5 pounds chicken breast boneless skinless

- 3 large sweet potatoes and into diced peeled
- 2 tablespoons butter unsalted chilled

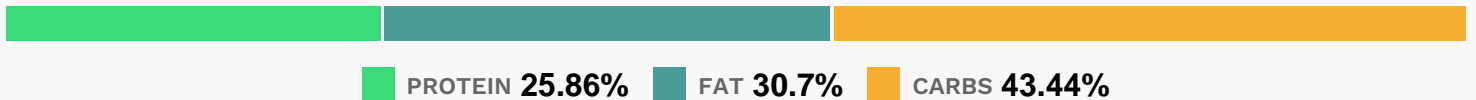
## Equipment

- frying pan
- oven

## Directions

- Preheat the oven to 350F (180C) or 320F (160C) for convection oven and cook the chicken according to the pack instructions. About 15 minutes before the end of the chicken cooking time, place the diced potato into boiling water for 5 minutes, then add the sweet potato and cook until the potatoes are tender. Roughly mash, adding butter, salt, and pepper to taste, then mash thoroughly.
- Heat the oil in a pan and quickly saut the broccoli until tender. Cover to keep warm.
- Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the contents into a dish. Slice the chicken breasts into chunky pieces on a board, keeping the chicken breast shape together.
- Serve the mash potato topped with the chicken and remaining sauce with a side of broccoli.

## Nutrition Facts



## Properties

Glycemic Index:86.69, Glycemic Load:40.44, Inflammation Score:-10, Nutrition Score:50.196086956522%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 710.19kcal (35.51%), Fat: 24.57g (37.8%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 78.24g (26.08%), Net Carbohydrates: 65.35g (23.76%), Sugar: 13.83g (15.37%), Cholesterol: 123.91mg (41.3%), Sodium: 393.56mg

(17.11%), Protein: 46.57g (93.14%), Vitamin A: 37562.24IU (751.24%), Vitamin C: 149.72mg (181.48%), Vitamin K: 187.13µg (178.22%), Vitamin B6: 2.4mg (119.9%), Vitamin B3: 21.13mg (105.64%), Selenium: 60.22µg (86.02%), Potassium: 2368.66mg (67.68%), Phosphorus: 632.19mg (63.22%), Manganese: 1.21mg (60.32%), Vitamin B5: 5.63mg (56.3%), Fiber: 12.89g (51.56%), Magnesium: 163.98mg (41%), Folate: 146.48µg (36.62%), Vitamin B1: 0.49mg (32.88%), Vitamin B2: 0.54mg (31.74%), Copper: 0.62mg (30.92%), Vitamin E: 4.35mg (28.99%), Iron: 4.3mg (23.9%), Zinc: 2.68mg (17.88%), Calcium: 177.78mg (17.78%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.28µg (1.83%)