



Maple Glazed Chicken with Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken tenderloins
- ☐ 0.5 cup green onions sliced
- ☐ 0.5 cup maple syrup
- ☐ 2 teaspoons steak seasoning montreal steak seasoning® such as
- ☐ 1.5 pounds sweet potatoes peeled cut into 1-inch pieces
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan

☐ pot

Directions

- ☐ Place the sweet potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two. Mash the potatoes, and set aside.
- ☐ Sprinkle chicken tenders with steak seasoning; heat the oil in a large skillet over medium heat, and cook the chicken tenders until the meat is lightly browned and no longer pink inside, 5 to 8 minutes per side.
- ☐ Remove the chicken, and set aside. Stir the maple syrup into the skillet, scraping up and dissolving any browned flavor bits from the skillet. Bring to a boil, simmer for 2 minutes, and stir in the green onions.
- ☐ To serve, place the mashed sweet potatoes onto a serving platter, top with the chicken tenders, and pour the maple sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:26.98, Inflammation Score:-10, Nutrition Score:29.452608730482%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 451.41kcal (22.57%), Fat: 9.92g (15.26%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 62.92g (20.97%), Net Carbohydrates: 57.38g (20.86%), Sugar: 31.55g (35.06%), Cholesterol: 72.57mg (24.19%), Sodium: 230.99mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Vitamin A: 24316.65IU (486.33%), Manganese: 1.47mg (73.51%), Vitamin B3: 12.9mg (64.51%), Vitamin B6: 1.23mg (61.28%), Selenium: 37.46µg (53.51%), Vitamin K: 49.72µg (47.35%), Vitamin B2: 0.74mg (43.54%), Phosphorus: 324.42mg (32.44%), Potassium: 1124.7mg (32.13%), Vitamin B5: 2.99mg (29.86%), Fiber: 5.54g (22.16%), Magnesium: 85.2mg (21.3%), Vitamin B1: 0.24mg (16.09%), Copper: 0.31mg (15.31%), Calcium: 119.53mg (11.95%), Iron: 2.04mg (11.34%), Zinc: 1.53mg (10.2%), Vitamin C: 7.91mg (9.59%), Vitamin E: 1.3mg (8.64%), Folate: 32.63µg (8.16%), Vitamin B12: 0.23µg (3.78%)