



Maple-Orange Chicken with Acorn Squash and Sweet Potatoes



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 acorn squash small to medium peeled seeded cut into 2-inch pieces
- ☐ 25 ounce chicken breast halves skinless with or without bone
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 tablespoons rosemary leaves fresh finely chopped
- ☐ 4 servings salt and ground pepper black
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 leeks rinsed chopped

- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 cup orange juice
- ☐ 1 cup orange marmalade
- ☐ 2 sweet potatoes peeled cut into 2-inch pieces

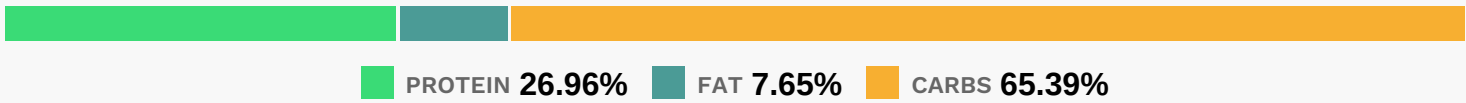
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Place squash and sweet potatoes and leeks in the slow cooker. Season chicken all over with salt and black pepper and place on top of vegetables in slow cooker. In a medium bowl, combine orange marmalade and remaining ingredients.
- ☐ Pour mixture over chicken and vegetables. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
- ☐ Serve 4 of the chicken breast halves with squash and potatoes on the side and extra sauce spooned over top (reserve remaining chicken for pizza). Top with parsley and rosemary just before serving.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:15.91, Inflammation Score:-10, Nutrition Score:39.749130606651%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg

Kaempferol: 1.26mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 609.44kcal (30.47%), Fat: 5.32g (8.19%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 102.44g (34.15%), Net Carbohydrates: 95.68g (34.79%), Sugar: 61.22g (68.02%), Cholesterol: 113.52mg (37.84%), Sodium: 401.28mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.48%), Vitamin A: 17664.63IU (353.29%), Vitamin B3: 20.72mg (103.59%), Vitamin B6: 1.87mg (93.56%), Selenium: 58.95µg (84.22%), Vitamin K: 85.02µg (80.97%), Vitamin C: 46.48mg (56.34%), Phosphorus: 501.07mg (50.11%), Potassium: 1648.81mg (47.11%), Manganese: 0.88mg (44.06%), Vitamin B5: 4.02mg (40.16%), Magnesium: 131.07mg (32.77%), Vitamin B1: 0.42mg (27.86%), Fiber: 6.76g (27.04%), Copper: 0.46mg (22.81%), Vitamin B2: 0.39mg (22.66%), Folate: 90µg (22.5%), Iron: 3.6mg (19.99%), Calcium: 153.49mg (15.35%), Zinc: 1.73mg (11.54%), Vitamin E: 1.14mg (7.6%), Vitamin B12: 0.38µg (6.4%), Vitamin D: 0.18µg (1.18%)