



Marinated Chicken Thighs with Sweet Potato



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 1 cup bell pepper strips red
- ☐ 1 cup bell pepper strips yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil divided
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 2 garlic cloves sliced
- ☐ 3 tablespoons green onions thinly sliced

- ☐ 1.5 tablespoons honey
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons less-sodium soy sauce
- ☐ 1 tablespoon mirin
- ☐ 21 ounces sweet potatoes
- ☐ 12 skin-on bone-in
- ☐ 3 tablespoons tomato sauce
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 1 medium onion yellow vertically sliced

Equipment

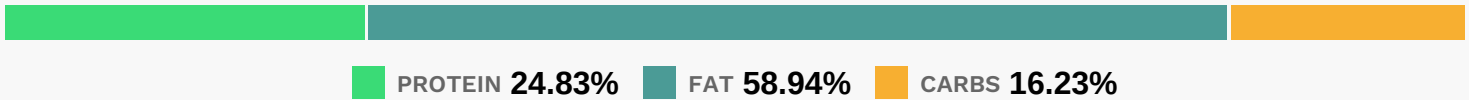
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add 1 1/2 teaspoons oil and chicken; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Preheat grill to medium-high heat.
- ☐ Cut potatoes in half lengthwise; cut each potato piece in half crosswise.
- ☐ Add potato wedges to a large pot of boiling water; reduce heat, and simmer 5 minutes.
- ☐ Drain.
- ☐ Combine potatoes, 1 1/2 teaspoons oil, and 1/4 teaspoon salt.
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and black pepper. Arrange on a grill rack coated with cooking spray; grill 8 minutes on each side or until done.

- ☐ Remove from grill; keep warm. (Discard skin before serving.) Arrange potato on grill rack; grill 4 minutes on each side or until done.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over high heat.
- ☐ Add yellow onion; stir-fry 1 minute.
- ☐ Add bell peppers; stir-fry 2 minutes.
- ☐ Add tomato sauce and vinegar; cook 1 minute, stirring constantly.
- ☐ Serve bell pepper mixture with chicken and potatoes. Top with green onions.
- ☐ Wine note: Aussie-style Marinated Chicken Thighs with Sweet Potato include honey and five-spice, flavors that are often apparent in viognier wines. Australia's Yalumba makes several versions of this aromatic white, including Yalumba Eden Valley 2008 (\$19), with exotic spice, supple apricot, and lemon curd flavors. A substantial, almost viscous, body allows this wine to linger on the palate with even the most flavorful foods. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:54.71, Glycemic Load:13.12, Inflammation Score:-10, Nutrition Score:35.298260756161%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 811.25kcal (40.56%), Fat: 52.96g (81.48%), Saturated Fat: 13.35g (83.41%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 28.41g (10.33%), Sugar: 11.36g (12.62%), Cholesterol: 283.22mg (94.41%), Sodium: 819.54mg (35.63%), Alcohol: 0.28g (100%), Alcohol %: 0.07% (100%), Protein: 50.21g (100.41%), Vitamin A: 15193.25IU (303.86%), Vitamin C: 82.65mg (100.18%), Selenium: 55.14µg (78.77%), Vitamin B3: 14.67mg (73.37%), Vitamin B6: 1.37mg (68.72%), Phosphorus: 540.67mg (54.07%), Vitamin B5: 3.94mg (39.4%), Potassium: 1135.24mg (32.44%), Vitamin B12: 1.85µg (30.83%), Vitamin B2: 0.51mg (29.71%), Zinc: 4.18mg (27.84%), Magnesium: 96.33mg (24.08%), Manganese: 0.47mg (23.49%), Vitamin B1: 0.33mg (21.99%), Vitamin K: 19.05µg (18.14%), Copper: 0.36mg (18.09%), Fiber: 4.39g (17.57%), Iron: 3.15mg (17.5%), Vitamin E: 2.24mg (14.94%), Folate: 47.42µg (11.86%), Calcium: 71.2mg (7.12%), Vitamin D: 0.29µg (1.93%)