



One-Pan Baked Chicken & Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp brown sugar
- 3 lb broiler-fryer chicken cut into 8 pieces
- 1 Tbsp thyme leaves fresh chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1.5 lb sweet potatoes cut into 3/4-inch-wide wedges (3)

Equipment

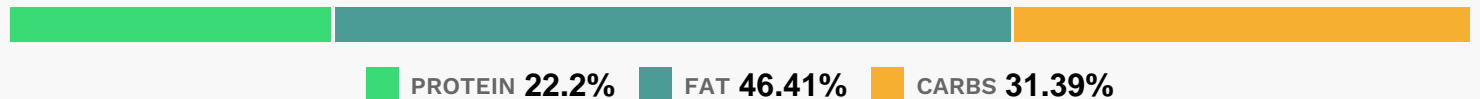
- bowl
- frying pan

oven

Directions

- Heat oven to 375F.
- Mix dressing, sugar and thyme in large bowl.
- Add potatoes; toss to coat.
- Transfer potatoes to 15x10x1-inch pan, reserving dressing mixture in bowl.
- Add chicken to reserved dressing mixture; toss to coat.
- Place in pan with potatoes.
- Bake 1 hour or until potatoes are tender and chicken is done (165F).
- Transfer chicken and potatoes to platter. Strain drippings from pan; pour strained sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:9.6278260298397%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.02kcal (8.05%), Fat: 8.24g (12.68%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 11.12g (4.04%), Sugar: 5.07g (5.63%), Cholesterol: 32.66mg (10.89%), Sodium: 133.93mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin A: 6521.07IU (130.42%), Vitamin B3: 3.24mg (16.18%), Vitamin B6: 0.25mg (12.74%), Selenium: 6.73µg (9.61%), Phosphorus: 87.1mg (8.71%), Vitamin B5: 0.76mg (7.64%), Potassium: 247.77mg (7.08%), Manganese: 0.14mg (6.86%), Fiber: 1.43g (5.7%), Vitamin K: 5.86µg (5.58%), Magnesium: 21.4mg (5.35%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.72mg (4.81%), Copper: 0.09mg (4.73%), Iron: 0.79mg (4.37%), Vitamin B1: 0.06mg (4.22%), Vitamin C: 2.56mg (3.11%), Vitamin E: 0.42mg (2.8%), Calcium: 23.3mg (2.33%), Vitamin B12: 0.14µg (2.25%), Folate: 7.84µg (1.96%)