



Orange-Glazed Roast Chicken Breasts with Sweet Potatoes



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 chicken breast bone-in skinless
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion cut into 8 wedges
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup orange marmalade

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 medium sweet potatoes and into peeled cut into 1-inch cubes
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 teaspoon thyme leaves dried

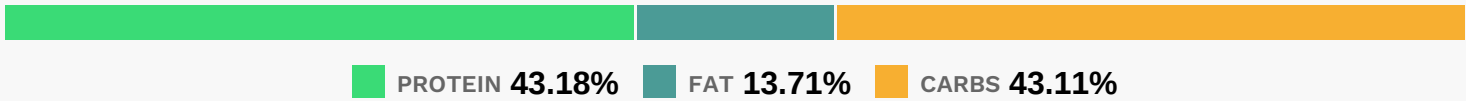
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oven to 375F. In 1-quart saucepan, cook basting sauce ingredients over low heat 3 to 4 minutes, stirring occasionally, until marmalade is melted.
- ☐ In 15x10x1-inch pan, place chicken breasts.
- ☐ Brush with half of the basting sauce. In medium bowl, toss potatoes and onion with oil; place around chicken.
- ☐ Bake 25 minutes.
- ☐ Meanwhile, in small bowl, soak cranberries in 1/4 cup orange juice.
- ☐ Brush chicken again with remaining basting sauce. Stir gently to coat vegetables with pan juices. With slotted spoon, sprinkle cranberries over vegetables; drizzle with juice.
- ☐ Bake about 20 minutes longer or until juice of chicken is clear when thickest part is cut to bone (170F), and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:31.783913145895%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 469.95kcal (23.5%), Fat: 7.11g (10.93%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 45.6g (16.58%), Sugar: 27.84g (30.93%), Cholesterol: 144.64mg (48.21%), Sodium: 483.7mg (21.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.36g (100.71%), Vitamin A: 16184.16IU (323.68%), Vitamin B3: 24.4mg (122.02%), Selenium: 73.34µg (104.78%), Vitamin B6: 1.98mg (99.05%), Phosphorus: 542.76mg (54.28%), Vitamin B5: 4.23mg (42.32%), Potassium: 1325.91mg (37.88%), Vitamin C: 21.24mg (25.75%), Magnesium: 94.59mg (23.65%), Manganese: 0.42mg (20.86%), Vitamin B2: 0.32mg (18.81%), Fiber: 4.67g (18.67%), Vitamin B1: 0.27mg (17.98%), Copper: 0.28mg (14.1%), Zinc: 1.74mg (11.6%), Iron: 1.83mg (10.16%), Folate: 35.93µg (8.98%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.11mg (7.38%), Calcium: 66.16mg (6.62%), Vitamin K: 4.09µg (3.9%), Vitamin D: 0.23µg (1.51%)