



Roasted Spiced Chicken with Cinnamon- and Honey-Glazed Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 tablespoons butter melted ()
- ☐ 2.3 pounds .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole
- ☐ 1 tablespoon allspice
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 1.5 teaspoons thyme sprigs fresh finely chopped
- ☐ 4 garlic clove chopped

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoon pepper black
- ☐ 0.5 scotch bonnet peppers minced seeded
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings mango chutney
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 pounds cubes red-skinned sweet potato peeled cut into 1/3-inch-thick rounds (yams)
- ☐ 1 teaspoon salt

Equipment

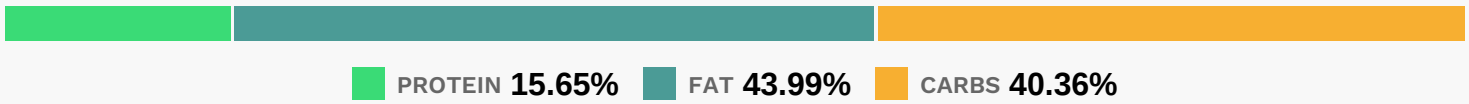
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Place onion, garlic, apple cider vinegar, honey, ground allspice, chopped fresh ginger, chopped fresh thyme, salt, ground black pepper, seeded and minced chile, cinnamon, and nutmeg in processor. Purée marinade until coarse paste forms.
- ☐ Place chicken in large resealable plastic bag.
- ☐ Add marinade to chicken in bag and seal. Turn chicken to coat. Refrigerate at least 8 hours or overnight, turning chicken occasionally.
- ☐ Preheat oven to 400°F. Arrange chicken pieces, with marinade still clinging to chicken, on rimmed baking sheet.
- ☐ Brush chicken with oil. Roast until cooked through, about 45 minutes.
- ☐ Spray another rimmed baking sheet with nonstick spray.

- ☐ Whisk butter, honey, lime juice, and ground cinnamon in large bowl.
- ☐ Add potato slices; toss to coat. Arrange potato slices in single layer on prepared baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake potatoes alongside chicken until tender, about 25 minutes.
- ☐ Serve chicken with potatoes, passing mango chutney separately.

Nutrition Facts



Properties

Glycemic Index:120.32, Glycemic Load:13.05, Inflammation Score:-10, Nutrition Score:32.74695660757%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 740.49kcal (37.02%), Fat: 36.51g (56.17%), Saturated Fat: 11.1g (69.35%), Carbohydrates: 75.38g (25.13%), Net Carbohydrates: 66.42g (24.15%), Sugar: 34.15g (37.94%), Cholesterol: 150.3mg (50.1%), Sodium: 841mg (36.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Vitamin A: 43957.55IU (879.15%), Manganese: 1.45mg (72.74%), Vitamin C: 53.88mg (65.31%), Vitamin B6: 1.2mg (59.9%), Vitamin B3: 10.43mg (52.16%), Potassium: 1491.36mg (42.61%), Selenium: 27.83µg (39.75%), Phosphorus: 370.73mg (37.07%), Fiber: 8.97g (35.86%), Vitamin B5: 3.53mg (35.33%), Vitamin B2: 0.48mg (28.45%), Copper: 0.51mg (25.74%), Magnesium: 99.48mg (24.87%), Vitamin B1: 0.37mg (24.87%), Vitamin E: 3.16mg (21.09%), Zinc: 3.04mg (20.24%), Iron: 3.23mg (17.92%), Vitamin K: 14.49µg (13.8%), Vitamin B12: 0.83µg (13.77%), Calcium: 137.36mg (13.74%), Folate: 27.95µg (6.99%)