



Spicy Mango Sweet Potato Chicken



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons hot sauce to taste
- ☐ 1 mangos ripe cubed peeled
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 pound chicken breast halves boneless skinless cubed
- ☐ 2 cups sweet potatoes cubed peeled

- ☐ 6 tablespoons tamari soy sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup water
- ☐ 1 tablespoon warm water

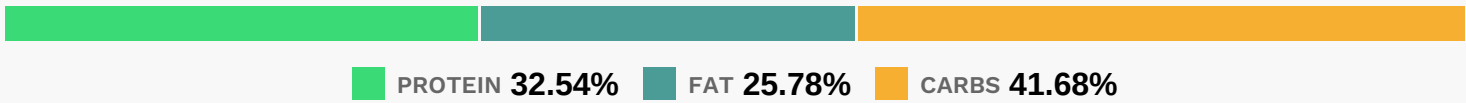
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the sweet potatoes into a saucepan and fill with enough water to cover. Simmer over medium-high heat until tender, about 15 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, heat 2 tablespoons of vegetable oil in a skillet over medium-high heat. Stir in chicken, and cook until no longer pink in the center, about 5 minutes; set aside. Stir garlic into the skillet, and cook for a few minutes, until fragrant.
- ☐ Pour in the tamari, 3/4 cup of water, honey, and hot sauce. Bring to a simmer, then stir in the sweet potato, chicken, mango, and red pepper flakes. Cook and stir until hot. Dissolve the cornstarch in 1 tablespoon of water, and stir into the simmering mixture; stir until thickened.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:19.590000178503%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg,

Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 8.04g (12.37%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 26.72g (9.72%), Sugar: 18.72g (20.8%), Cholesterol: 58.06mg (19.35%), Sodium: 1551.84mg (67.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.67%), Vitamin A: 8064.99IU (161.3%), Vitamin B3: 10.94mg (54.7%), Vitamin B6: 0.91mg (45.4%), Selenium: 29.99µg (42.84%), Vitamin C: 23.52mg (28.51%), Phosphorus: 252.02mg (25.2%), Vitamin B5: 1.9mg (19.03%), Potassium: 652.44mg (18.64%), Manganese: 0.31mg (15.53%), Magnesium: 51mg (12.75%), Vitamin K: 13.19µg (12.56%), Vitamin B2: 0.18mg (10.85%), Fiber: 2.53g (10.12%), Copper: 0.2mg (9.79%), Vitamin B1: 0.13mg (8.54%), Folate: 31.94µg (7.98%), Vitamin E: 1.18mg (7.84%), Iron: 1.36mg (7.56%), Zinc: 0.87mg (5.78%), Calcium: 33.33mg (3.33%), Vitamin B12: 0.18µg (3.02%)