



Sweet Potato Chicken Casserole

READY IN



85 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 carrots diced
- ☐ 2 cups chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup half-and-half light
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion finely chopped
- ☐ 4 chicken breast halves diced boneless skinless

☐

2 pounds sweet potatoes diced peeled

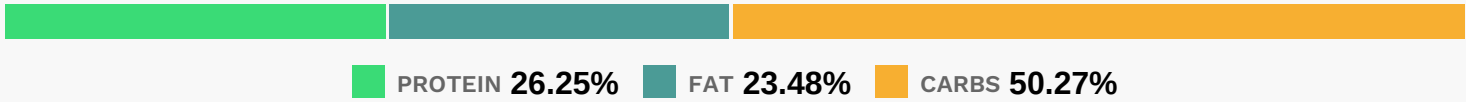
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and garlic, and cook until just starting to turn golden.
- ☐ Mix in the sweet potatoes and carrot; cook and stir for a few minutes, until lightly browned.
- ☐ Move the vegetables to the sides of the pan, leaving the center clear.
- ☐ Add the chicken; cook and stir until seared on all sides. Scatter the flour over the top, and stir it in. Gradually stir in the chicken stock, mixing carefully so that no flour lumps form. Scrape any bits of food from the bottom of the pan while you do this.
- ☐ Pour in the wine last, and mix through.
- ☐ Transfer to a casserole dish and cover with a lid.
- ☐ Bake for 1 hour in the preheated oven.
- ☐ Remove from the oven, and let it cool just a little before stirring in the cream (or else it may curdle).

Nutrition Facts



Properties

Glycemic Index:62.96, Glycemic Load:26.64, Inflammation Score:-10, Nutrition Score:30.620000160259%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin:
0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin:
0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol:
0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.11mg, Myricetin: 0.11mg,
Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 533.09kcal (26.65%), Fat: 12.75g (19.61%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 61.4g (20.47%),
Net Carbohydrates: 52.99g (19.27%), Sugar: 15.02g (16.69%), Cholesterol: 92.5mg (30.83%), Sodium: 458.31mg
(19.93%), Alcohol: 6.18g (100%), Alcohol %: 1.28% (100%), Protein: 32.07g (64.14%), Vitamin A: 37460.54IU
(749.21%), Vitamin B3: 15.59mg (77.93%), Vitamin B6: 1.53mg (76.29%), Selenium: 41.89µg (59.84%), Potassium:
1524.9mg (43.57%), Phosphorus: 422.95mg (42.3%), Manganese: 0.8mg (40.13%), Vitamin B5: 3.64mg (36.41%),
Fiber: 8.41g (33.65%), Magnesium: 106.35mg (26.59%), Vitamin B2: 0.43mg (25.19%), Vitamin B1: 0.37mg (24.41%),
Copper: 0.48mg (23.86%), Vitamin C: 11.94mg (14.47%), Iron: 2.6mg (14.43%), Folate: 56.47µg (14.12%), Zinc: 1.78mg
(11.9%), Calcium: 113.64mg (11.36%), Vitamin E: 1.69mg (11.25%), Vitamin K: 11.5µg (10.95%), Vitamin B12: 0.26µg
(4.26%), Vitamin D: 0.2µg (1.35%)