



Sweet Potato Chicken Nuggets

READY IN



40 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sweet potatoes and into peeled cut into 2-inch pieces
- ☐ 1 eggs
- ☐ 1 cup panko bread crumbs crispy italian
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 chicken breast boneless skinless cut into 1- to 2-inch pieces

Equipment

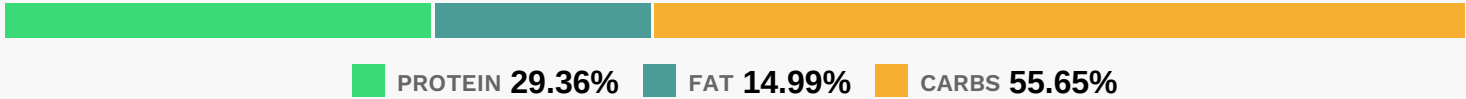
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray cookie sheet with cooking spray.
- ☐ In 2-quart saucepan, place sweet potatoes and enough water to cover.
- ☐ Heat to boiling; boil uncovered about 10 minutes or until tender.
- ☐ Drain; cool slightly. In food processor, process sweet potatoes until pureed.
- ☐ In medium bowl, beat egg and 1 cup of the sweet potato puree. (Refrigerate any remaining puree for later use.) In another bowl, mix bread crumbs and cheese. Dip chicken pieces in egg mixture, then in crumb mixture.
- ☐ Place on cookie sheet.
- ☐ Bake 15 to 20 minutes, turning once halfway through baking time, or until coating is golden brown and chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:11.22, Inflammation Score:-10, Nutrition Score:18.324782511462%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.1kcal (12.35%), Fat: 4.06g (6.25%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 29.86g (10.86%), Sugar: 5.7g (6.33%), Cholesterol: 79.25mg (26.42%), Sodium: 296.86mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin A: 16129.29IU (322.59%), Selenium: 26.79µg (38.27%), Vitamin B3: 7.53mg (37.64%), Vitamin B6: 0.7mg (34.91%), Phosphorus: 234.14mg (23.41%), Manganese: 0.44mg (22.15%), Vitamin B5: 1.97mg (19.69%), Vitamin B1: 0.27mg (18.3%), Potassium: 639.04mg

(18.26%), Fiber: 4.07g (16.26%), Vitamin B2: 0.24mg (14.4%), Magnesium: 51.58mg (12.9%), Copper: 0.23mg (11.65%), Iron: 1.83mg (10.15%), Calcium: 92.43mg (9.24%), Folate: 36.06µg (9.02%), Zinc: 1.13mg (7.56%), Vitamin B12: 0.3µg (4.95%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.54mg (3.61%), Vitamin K: 3.21µg (3.06%), Vitamin D: 0.29µg (1.93%)