



Winter Chicken Bake

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



2

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium apples cored peeled chopped
- 2 tablespoons barbecue sauce
- 3 carrots peeled chopped
- 1 cup cranberries
- 2 chicken breast halves boneless skinless
- 0.5 medium onion sweet chopped
- 1 sweet potatoes and into

Equipment

- oven
- baking pan
- microwave

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.
- Pierce the sweet potato several times with a fork and cut in half.
- Place in a microwave-safe dish; pour water to about 1/2-inch deep. Cook in microwave 10 minutes.
- Arrange the onion, apple, and carrots into the bottom of the prepared baking dish.
- Brush the barbecue sauce on both sides of the chicken breasts and lay atop the vegetables. Peel the sweet potato and cut into large chunks; scatter into the baking dish.
- Sprinkle the cranberries over the dish.
- Bake in the preheated oven until the chicken is tender and no longer pink in the center, 45 to 55 minutes. Allow to cool 5 minutes before serving.

Nutrition Facts

PROTEIN 28.05% **FAT 8.14%** **CARBS 63.81%**

Properties

Glycemic Index:90.92, Glycemic Load:19.34, Inflammation Score:-10, Nutrition Score:28.913912876793%

Flavonoids

Cyanidin: 24.64mg, Cyanidin: 24.64mg, Cyanidin: 24.64mg, Cyanidin: 24.64mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.6mg, Peonidin: 24.6mg, Peonidin: 24.6mg, Peonidin: 24.6mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 9.04mg, Epicatechin: 9.04mg, Epicatechin: 9.04mg, Epicatechin: 9.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg

4.33mg Quercetin: 23.29mg, Quercetin: 23.29mg, Quercetin: 23.29mg, Quercetin: 23.29mg

Nutrients (% of daily need)

Calories: 390.42kcal (19.52%), Fat: 3.6g (5.54%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 63.45g (21.15%), Net Carbohydrates: 52.61g (19.13%), Sugar: 30.62g (34.03%), Cholesterol: 72.32mg (24.11%), Sodium: 445.14mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.77%), Vitamin A: 31470.37IU (629.41%), Vitamin B6: 1.4mg (69.77%), Vitamin B3: 13.66mg (68.31%), Selenium: 37.62µg (53.74%), Fiber: 10.84g (43.35%), Potassium: 1368.15mg (39.09%), Manganese: 0.74mg (36.81%), Phosphorus: 363.79mg (36.38%), Vitamin B5: 3.08mg (30.77%), Vitamin C: 24.73mg (29.98%), Magnesium: 85.88mg (21.47%), Vitamin B1: 0.28mg (18.68%), Vitamin K: 19.4µg (18.48%), Copper: 0.35mg (17.69%), Vitamin B2: 0.29mg (17.35%), Folate: 56.95µg (14.24%), Vitamin E: 2.09mg (13.95%), Iron: 1.93mg (10.74%), Calcium: 101.53mg (10.15%), Zinc: 1.43mg (9.55%), Vitamin B12: 0.23µg (3.77%)