

# 24 Multigrain Chicken Nuggets and Sweet Potatoes



### Sweet Potato Sticks

Sweet potatoes, cut into sticks	4		700 g
Canola oil	30 ml	2 tablespoons	30 g
Paprika	2.5 ml	½ teaspoon	1 g
Onion powder	1.5 ml	½ teaspoon	1 g
Pepper	1.5 ml	½ teaspoon	1 g
<b>Multigrain chicken nuggets, fully cooked (801-8454)</b>	<b>50</b>	<b>2.2 lbs.</b>	<b>1 kg</b>

### Honey and Barbecue Sauce

Ketchup	125 ml	½ cup	125 g
White vinegar	60 ml	¼ cup	60 g
Onion, chopped	60 ml	¼ cup	30 g
Salt and pepper	To taste		
Liquid honey	30 ml	2 tablespoons	45 g

- : 10
- : 15 minutes
- : 25 minutes
- : no

Nutrition Facts	
For 1 portion (180 g)	
Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 6 g	9%
Saturated 1 g	
+ trans 0.2 g	6%
Polyunsaturated 1 g	
Omega-6 0.5 g	
Omega-3 0.3 g	
Monounsaturated 1.5 g	
<b>Cholesterol</b> 80 mg	27%
<b>Sodium</b> 620 mg	26%
Potassium 310 mg	9%
<b>Carbohydrates</b> 25 g	8%
Fibre 3 g	12%
Sugar 11 g	
<b>Protein</b> 25 g	
Vitamin A 1 022 RE	100%
Vitamin C 7 mg	10%
Calcium 46 mg	4%
Iron 1.4 mg	10%
Phosphorus 39.7 mg	4%

- 1 Preheat oven to 180 °C (350 °F).
- 2 Place sweet potatoes in a bowl, add 5 other ingredients and mix.
- 3 Place sweet potato sticks on cookie sheet and bake in a preheated oven in oven for 25 minutes, turning them over once.
- 4 Cook chicken nuggets at same temperature as potato sticks for 18 minutes, turning them over once during cooking.
- 5 Mix all ingredients for the sauce and dip nuggets.

### Chef's Remarks

replacements: multigrain chicken strips, fully cooked (701-1045) or multigrain chicken burger (701-3355).

### Canada's Food Guide Portions

½ serving of vegetables and fruit + 1 ½ servings of meat and alternatives.



### Olymel Product Allergens

\*Contains: gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), milk, egg, soy.

### Food Exchange System

1 serving of starch + ½ serving of other foods + 2 ¾ servings of meat and alternatives.

\*Verified allergens: peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)