



Baked country chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp turmeric
- ☐ 2 tsp coriander seeds
- ☐ 2 tsp mustard seeds
- ☐ 1 tbsp ground cumin
- ☐ 1 tsp ground fenugreek
- ☐ 0.5 tsp peppercorns black
- ☐ 2 juice of lemon
- ☐ 5 garlic clove crushed

- ☐ 100 g ginger grated
- ☐ 250 ml coconut milk
- ☐ 2 pepper flakes red deseeded chopped
- ☐ 8 pieces chicken whole bone in
- ☐ 3 cilantro leaves

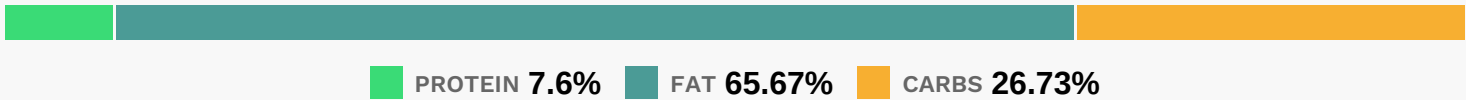
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Toast all of the spices in a dry pan, then grind to a powder using a pestle and mortar.
- ☐ Mix the lemon juice, garlic, ginger, coconut milk and chillies with a large pinch of salt and the other spices in a food processor to make a paste. Rub the marinade into the chicken and leave to marinate for at least 2 hrs or overnight, if possible, in the fridge.
- ☐ Heat the oven to 220C/200C fan/gas
- ☐ Place the chicken in a roasting tin and cook for 35 mins. Turn the grill to high, then grill it to crisp up the skin. Turn every few mins and cook for about 20 mins until charred. Scatter over coriander sprigs and serve with a simple salad of sliced red onion and green chilli.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:10.836087180464%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 180.09kcal (9%), Fat: 14.38g (22.12%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 11g (4%), Sugar: 2.17g (2.41%), Cholesterol: 1.5mg (0.5%), Sodium: 19.87mg (0.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin C: 42.14mg (51.08%), Manganese: 0.85mg (42.31%), Iron: 4.32mg (24.02%), Magnesium: 62.09mg (15.52%), Copper: 0.29mg (14.33%), Vitamin B6: 0.26mg (13.06%), Potassium: 424.13mg (12.12%), Phosphorus: 110.84mg (11.08%), Fiber: 2.16g (8.64%), Vitamin K: 9.03µg (8.6%), Vitamin A: 342.43IU (6.85%), Vitamin B3: 1.23mg (6.13%), Folate: 23.09µg (5.77%), Calcium: 55.02mg (5.5%), Zinc: 0.79mg (5.29%), Selenium: 3.65µg (5.21%), Vitamin B1: 0.07mg (4.88%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.27mg (2.72%)