



Braised Chicken with Baby Yam



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



3

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

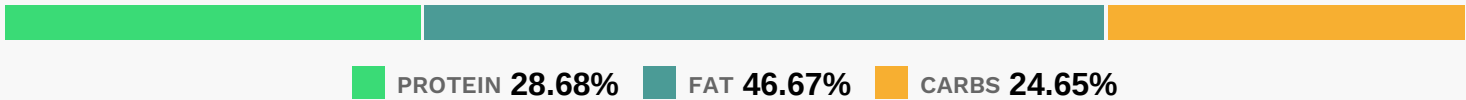
- ☐ 1 kg chicken – into pieces whole chopped
- ☐ 3 cloves garlic
- ☐ 1 Tbs soya sauce light
- ☐ 1 Tbs miso paste
- ☐ 35 g shrimps dried minced rinsed
- ☐ 1 tsp sugar
- ☐ 2.5 cups water
- ☐ 400 g baby yam – remove yam skin. half then soak in water till later use

Equipment

Directions

- ☐
- Mix together chicken pieces, miso paste, light soy sauce and sugar. Leave to marinate for at least 1 hr, preferably overnight.

Nutrition Facts



Properties

Glycemic Index:75.96, Glycemic Load:18.41, Inflammation Score:-6, Nutrition Score:25.536087181257%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 679.26kcal (33.96%), Fat: 34.79g (53.52%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 35.45g (12.89%), Sugar: 2.55g (2.83%), Cholesterol: 188.78mg (62.93%), Sodium: 741.46mg (32.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.09g (96.18%), Vitamin B3: 16.46mg (82.3%), Vitamin B6: 1.24mg (62.22%), Selenium: 34.45µg (49.22%), Phosphorus: 452.9mg (45.29%), Potassium: 1583.88mg (45.25%), Manganese: 0.71mg (35.25%), Vitamin C: 27.36mg (33.17%), Vitamin B5: 2.54mg (25.41%), Zinc: 3.67mg (24.47%), Fiber: 5.88g (23.53%), Copper: 0.46mg (23.21%), Magnesium: 85.26mg (21.31%), Vitamin B1: 0.3mg (20.03%), Vitamin B2: 0.34mg (20.03%), Iron: 3.16mg (17.53%), Vitamin B12: 0.71µg (11.79%), Folate: 46.51µg (11.63%), Vitamin A: 506.53IU (10.13%), Vitamin K: 8.18µg (7.79%), Vitamin E: 1.15mg (7.66%), Calcium: 70.86mg (7.09%), Vitamin D: 0.45µg (3.02%)