



Chicken & cherry tomato lentils



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g chicken thigh skinless cut into chunks
- ☐ 1 onion red cut into wedges through the root
- ☐ 1 tbsp olive oil
- ☐ 200 g cherry tomatoes
- ☐ 1 tbsp cumin seeds
- ☐ 500 g microwave puy lentils
- ☐ 2 tbsp red wine vinegar
- ☐ 1 handful parsley chopped

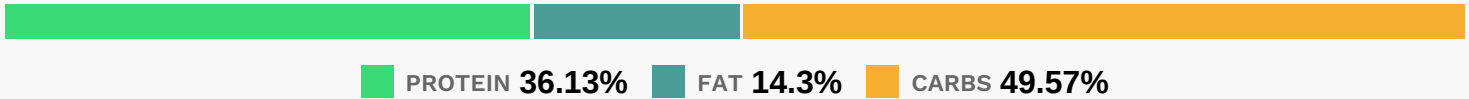
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the chicken and onion with the oil, arrange on a baking tray and season. Roast for 10 mins, then add the cherry tomatoes and sprinkle over the cumin seeds. Cook for another 10 mins.
- ☐ Meanwhile, heat the Puy lentils following pack instructions, then turn out into a large serving bowl. Once the chicken is ready, add everything to the bowl with the lentils and toss together. Stir in the red wine vinegar, parsley and seasoning to taste.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:21.252173734748%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 673.22kcal (33.66%), Fat: 10.36g (15.94%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 80.82g (26.94%), Net Carbohydrates: 40.81g (14.84%), Sugar: 5.05g (5.61%), Cholesterol: 118.75mg (39.58%), Sodium: 129.41mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.9g (117.8%), Fiber: 40.01g (160.03%), Iron: 11.88mg (66.02%), Selenium: 28.72µg (41.02%), Vitamin B3: 7.36mg (36.8%), Vitamin B6: 0.64mg (31.81%), Phosphorus: 264.39mg (26.44%), Vitamin C: 21.17mg (25.66%), Vitamin K: 23.72µg (22.59%), Vitamin B5: 1.6mg (16.02%), Vitamin B2: 0.25mg (14.44%), Potassium: 490.7mg (14.02%), Zinc: 2.1mg (14.01%), Vitamin B12: 0.8µg (13.33%),

Calcium: 117.03mg (11.7%), Magnesium: 42.29mg (10.57%), Vitamin B1: 0.15mg (10.23%), Manganese: 0.16mg (8.15%),
Vitamin A: 378.34IU (7.57%), Vitamin E: 1.07mg (7.15%), Copper: 0.13mg (6.67%), Folate: 18.4µg (4.6%)