



Chicken Naanwich with Saffron, Capers & Raisins

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup capers
- ☐ 6 celery
- ☐ 1 cup currants dried
- ☐ 1 lemon zest
- ☐ 2 tablespoon olive oil
- ☐ 4 servings parmesan cheese grated
- ☐ 0.3 cup pinenuts

- ☐ 4 cup roast chicken shredded
- ☐ 1 pinch saffron threads mixed with 1t hot water
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 clove garlic whole peeled smashed

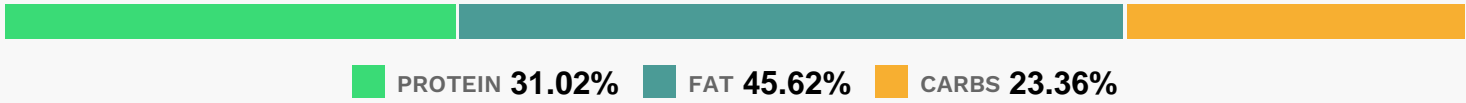
Equipment

- ☐ frying pan

Directions

- ☐ Trim any leaves from the celery (save them for later) and cut the stalks into ¼-inch dice.
- ☐ Heat the olive oil in a large sauté pan set over medium-high heat, add the smashed garlic and cook until fragrant.
- ☐ Remove garlic and add the diced celery and pine nuts. Cook, stirring constantly, about 2 minutes until the nuts begin to brown.
- ☐ Pour in the raisins with their wine, cook a moment more, letting the liquid bubble; stir in the chicken, capers with its brine, the olives, lemon zest and saffron with its water, mix well. Taste and adjust seasoning with salt and pepper.
- ☐ Heat a large dry skillet over medium-high heat. Working one at a time warm each naan until soft and pliable but not yet toasted.
- ☐ Lay the 4 naan bread pieces out on 4 separate serving plates.
- ☐ Sprinkle a generous amount of celery leaves onto each one. Top each with some of the chicken mixture. Give each a good grinding of black pepper and finish with a little Parmesan cheese, if you like. Fold the naan over “sandwich style”.
- ☐ Cut in half.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:6.88, Inflammation Score:-7, Nutrition Score:25.176956570667%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 14.52mg, Kaempferol: 14.52mg, Kaempferol: 14.52mg, Kaempferol: 14.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.12mg, Quercetin: 19.12mg, Quercetin: 19.12mg, Quercetin: 19.12mg

Nutrients (% of daily need)

Calories: 596.19kcal (29.81%), Fat: 30.74g (47.29%), Saturated Fat: 8.65g (54.05%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 32.02g (11.64%), Sugar: 23.67g (26.3%), Cholesterol: 131.1mg (43.7%), Sodium: 996.9mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.04g (94.08%), Selenium: 45.74µg (65.35%), Vitamin B3: 12.29mg (61.43%), Phosphorus: 560.17mg (56.02%), Manganese: 1.06mg (53%), Vitamin B6: 0.77mg (38.6%), Calcium: 347.3mg (34.73%), Vitamin K: 30.91µg (29.44%), Zinc: 4.23mg (28.21%), Vitamin B2: 0.43mg (25.37%), Potassium: 873.29mg (24.95%), Magnesium: 84.86mg (21.22%), Copper: 0.38mg (18.87%), Iron: 3.35mg (18.61%), Vitamin B5: 1.66mg (16.62%), Vitamin E: 2.25mg (15.01%), Fiber: 3.41g (13.63%), Vitamin B12: 0.81µg (13.52%), Vitamin B1: 0.2mg (13.35%), Vitamin A: 631.55IU (12.63%), Folate: 39.63µg (9.91%), Vitamin C: 6.27mg (7.6%)