



Chicken, red pepper & almond traybake



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 500 g chicken thigh boneless skinless
- 3 medium onions red thick cut into wedges
- 500 g potatoes red thick cut into slices
- 2 pasilla peppers red thick deseeded cut into slices
- 1 garlic clove finely chopped
- 1 tsp ground cumin smoked crushed
- 3 tbsp olive oil
- 1 lemon zest

- 50 g blanched almond whole roughly chopped
- 170 g greek yogurt 0%
- 1 small handful coriander chopped

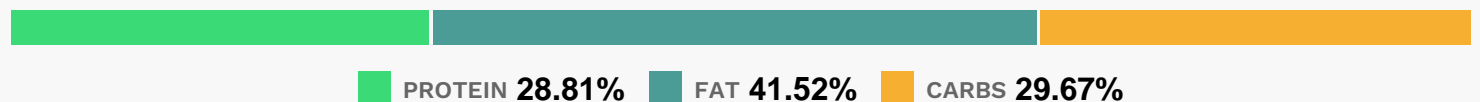
Equipment

- bowl
- oven

Directions

- Heat oven to 200C/180C fan/gas
- Place the chicken, onions, potatoes and peppers in a large bowl and season. in another bowl, mix together the garlic, spices, oil, and lemon zest and juice.
- Pour this over everything and spread the mixture between 2 baking trays.
- Roast for 40 mins, turning over after 20 mins, until the chicken is cooked through.
- Add the almonds for the final 8 mins of cooking.
- Serve in bowls with a big dollop of Greek yogurt and some chopped parsley or coriander.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:27.96695663618%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 477.55kcal (23.88%), Fat: 22.5g (34.61%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 29.68g (10.79%), Sugar: 9.57g (10.63%), Cholesterol: 120.88mg (40.29%), Sodium: 155.96mg

(6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.12g (70.25%), Vitamin C: 95.46mg (115.71%), Vitamin B6: 1.09mg (54.61%), Selenium: 33.71µg (48.16%), Vitamin B3: 9.26mg (46.29%), Vitamin A: 2219.61IU (44.39%), Phosphorus: 410.57mg (41.06%), Potassium: 1203.04mg (34.37%), Vitamin B2: 0.46mg (27.18%), Fiber: 6.48g (25.92%), Vitamin B5: 2.31mg (23.07%), Manganese: 0.4mg (19.89%), Vitamin B1: 0.3mg (19.86%), Magnesium: 77.88mg (19.47%), Vitamin K: 20.33µg (19.36%), Vitamin E: 2.89mg (19.23%), Zinc: 2.87mg (19.11%), Folate: 74.6µg (18.65%), Vitamin B12: 1.1µg (18.29%), Iron: 3.05mg (16.95%), Copper: 0.3mg (14.82%), Calcium: 125.6mg (12.56%)