



 **39%**
HEALTH SCORE

Chicken Suya

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 Tablespoons suya seasoning mix
- 1 pound chicken
- 1 teaspoon chili powder
- 1 cooking oil
- 1 serving seasoning cubes
- 1 serving onion for garnishing
- 1 serving salt to taste

Equipment

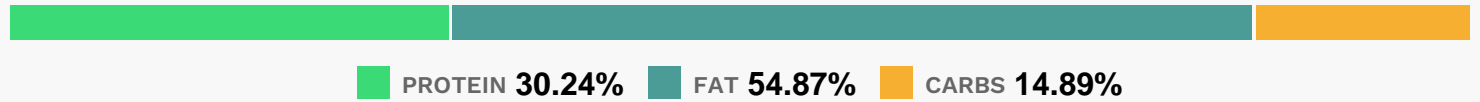
oven

grill

Directions

- Heat the oven to 500 F. Wash and season the chicken with the Suya spice, chilli powder, seasoning cubes, salt and drizzle the oil over it.
- Place the chicken in the oven and grill for 40 minutes. Check the chicken occasionally and flip on both sides so it can cook properly.
- Serve hot garnished with the onions and tomato and a bit of suya spice sprinkled over the chicken.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:34.00652173913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Taste

Sweetness: 12.33%, Saltiness: 100%, Sourness: 13.4%, Bitterness: 16.54%, Savoriness: 69.96%, Fattiness: 57.3%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 564.44kcal (28.22%), Fat: 35.11g (54.02%), Saturated Fat: 9.87g (61.71%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 10.38g (3.77%), Sugar: 3.4g (3.78%), Cholesterol: 163.83mg (54.61%), Sodium: 399.78mg (17.38%), Protein: 43.55g (87.09%), Vitamin K: 144.21µg (137.34%), Vitamin B3: 16.13mg (80.66%), Manganese: 1.25mg (62.68%), Iron: 10.59mg (58.84%), Vitamin B6: 1.1mg (55.07%), Selenium: 33.03µg (47.19%), Fiber: 11.06g (44.23%), Calcium: 397.54mg (39.75%), Vitamin E: 5.65mg (37.68%), Phosphorus: 374.83mg (37.48%), Magnesium: 111.92mg (27.98%), Vitamin A: 1276.2IU (25.52%), Vitamin B2: 0.41mg (24.24%), Zinc: 3.63mg (24.19%), Potassium: 810.31mg (23.15%), Vitamin B5: 2.27mg (22.71%), Folate: 76.64µg (19.16%), Copper: 0.29mg (14.33%), Vitamin B1:

0.2mg (13.35%), Vitamin B12: 0.67µg (11.25%), Vitamin C: 8.08mg (9.79%), Vitamin D: 0.44µg (2.9%)