



## Chicken with beetroot & watercress

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tbsp unrefined sunflower oil
- 4 chicken breast
- 400 g baby beets
- 3 tbsp clear honey
- 100 g watercress

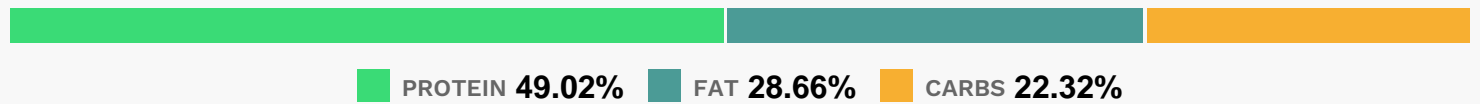
### Equipment

- frying pan

## Directions

- Heat the oil in a large frying pan over a medium heat. Season the chicken on both sides, then fry, skin-side down, for 7 mins until almost cooked through and the skin is crisp. Turn over, cook for another 3 mins, then take out of the pan and keep warm. Meanwhile, drain the beetroot, reserving the vinegar, and cut into wedges.
- Add the honey to the pan with 3 tbsp of the vinegar, then reduce until you have a syrupy glaze.
- Add the beets and any juices that will have come out of the chicken, then toss for a few mins until hot through.
- Divide the watercress between 4 plates, then top with the beetroot and the chicken. Spoon the syrupy sauce over to serve.

## Nutrition Facts



## Properties

Glycemic Index:37.07, Glycemic Load:11.16, Inflammation Score:-8, Nutrition Score:30.380434772243%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

## Nutrients (% of daily need)

Calories: 413.15kcal (20.66%), Fat: 13.05g (20.07%), Saturated Fat: 2.01g (12.53%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 19.9g (7.24%), Sugar: 19.74g (21.93%), Cholesterol: 144.64mg (48.21%), Sodium: 351.04mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.21g (100.42%), Vitamin B3: 23.97mg (119.87%), Selenium: 73.37µg (104.82%), Vitamin B6: 1.8mg (89.79%), Vitamin K: 63.53µg (60.5%), Phosphorus: 530.23mg (53.02%), Potassium: 1251.89mg (35.77%), Vitamin B5: 3.46mg (34.64%), Folate: 120.61µg (30.15%), Vitamin E: 3.6mg (23.97%), Vitamin C: 18.44mg (22.35%), Magnesium: 87.32mg (21.83%), Manganese: 0.44mg (21.82%), Vitamin A: 898.55IU (17.97%), Vitamin B2: 0.3mg (17.76%), Vitamin B1: 0.2mg (13.21%), Fiber: 2.96g (11.83%), Zinc: 1.72mg (11.49%), Iron: 1.75mg (9.74%), Copper: 0.16mg (8.05%), Vitamin B12: 0.45µg (7.53%), Calcium: 58.24mg (5.82%), Vitamin D: 0.23µg (1.51%)