



Chicken with harissa & tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts skinless
- ☐ 2 tsp harissa (Belazu's rose harissa is really full-flavoured)
- ☐ 1 tsp olive oil
- ☐ 1 tsp oregano dried
- ☐ 250 g pack cherry tomatoes
- ☐ 1 handful olives (we used kalamata)

Equipment

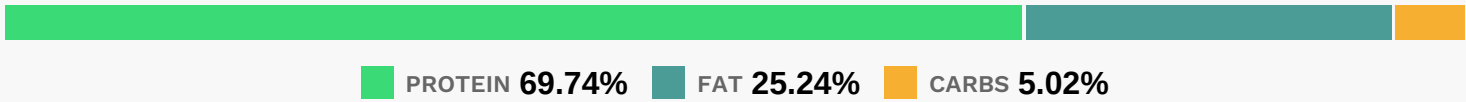
- ☐ oven

☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Put the chicken into a medium roasting tray, then rub with the harissa, oil and oregano.
- ☐ Cover with foil and roast for 5 mins, then remove the foil and add the cherry tomatoes and olives to the tray. Roast for 10 mins more until the tomato skins start to split and the chicken is cooked through.
- ☐ Serve with boiled new potatoes

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:23.213478471922%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 289.58kcal (14.48%), Fat: 7.84g (12.06%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.93g (2.15%), Cholesterol: 144.64mg (48.21%), Sodium: 380.67mg (16.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.73g (97.46%), Vitamin B3: 23.98mg (119.89%), Selenium: 72.73µg (103.89%), Vitamin B6: 1.75mg (87.62%), Phosphorus: 494.27mg (49.43%), Vitamin B5: 3.31mg (33.06%), Potassium: 989.48mg (28.27%), Vitamin C: 17.37mg (21.06%), Magnesium: 66.45mg (16.61%), Vitamin B2: 0.24mg (14.37%), Vitamin B1: 0.17mg (11.42%), Zinc: 1.42mg (9.44%), Vitamin E: 1.26mg (8.41%), Vitamin A: 417.73IU (8.35%), Iron: 1.48mg (8.21%), Vitamin B12: 0.45µg (7.53%), Manganese: 0.12mg (6.1%), Copper: 0.12mg (6%), Vitamin K: 5.88µg (5.6%), Folate: 18.61µg (4.65%), Fiber: 0.85g (3.42%), Calcium: 28.47mg (2.85%), Vitamin D: 0.23µg (1.51%)