



Cider, mustard & herb chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



602 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 750 g strips. boneless skinless cut into large chunks
- ☐ 2 onion sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 400 ml cider dry
- ☐ 175 g crème fraîche
- ☐ 2 tbsp coarse mustard
- ☐ 1 small parsley chopped

- ☐ 3 sprigs thyme leaves leaves picked
- ☐ 4 servings rice cooked

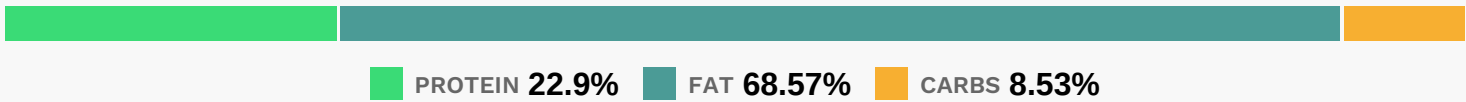
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large lidded non-stick pan (we used a wide, high-sided frying pan) and cook the chicken for 3-4 mins on each side until browned.
- ☐ Remove with a slotted spoon, then add the onions to the pan. Cook for 3 mins, then stir in the garlic and cook for 1 min more.
- ☐ Pour in the cider and bring to the boil. Return the chicken to the pan, cover with a lid and simmer for 10 mins.
- ☐ After 10 mins, remove the lid and stir in the crme frache, mustard and herbs. Bubble for another 5 mins, then season.
- ☐ Serve with rice and Tenderstem broccoli.

Nutrition Facts



Properties

Glycemic Index:56.8, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:16.485652322355%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 602.4kcal (30.12%), Fat: 43.47g (66.87%), Saturated Fat: 13.35g (83.42%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 10.75g (3.91%), Sugar: 6.59g (7.32%), Cholesterol: 209.56mg (69.85%), Sodium: 247.21mg

(10.75%), Alcohol: 4.99g (100%), Alcohol %: 1.58% (100%), Protein: 32.66g (65.31%), Selenium: 39.87µg (56.96%), Vitamin B3: 8.9mg (44.49%), Vitamin B6: 0.76mg (37.77%), Phosphorus: 357.93mg (35.79%), Vitamin B5: 2.17mg (21.65%), Vitamin B12: 1.29µg (21.53%), Vitamin B2: 0.35mg (20.4%), Zinc: 2.67mg (17.83%), Potassium: 543.77mg (15.54%), Magnesium: 51.05mg (12.76%), Vitamin B1: 0.19mg (12.75%), Vitamin K: 11.16µg (10.63%), Vitamin A: 482.07IU (9.64%), Iron: 1.72mg (9.56%), Manganese: 0.19mg (9.31%), Calcium: 82.97mg (8.3%), Vitamin C: 6.49mg (7.87%), Vitamin E: 1.11mg (7.37%), Copper: 0.14mg (7.09%), Fiber: 1.42g (5.66%), Folate: 20.07µg (5.02%), Vitamin D: 0.19µg (1.25%)