



Coconut-crusted lime chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs boneless skinless
- ☐ 2 lime zest
- ☐ 2 tsp curry powder
- ☐ 1 tsp chili powder
- ☐ 50 g coconut flakes
- ☐ 1 tbsp vegetable oil
- ☐ 4 servings mango chutney

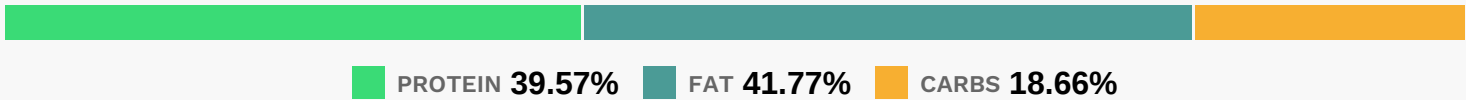
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the chicken in a large bowl with the lime zest and juice, curry powder, chilli powder, if using, and seasoning.
- ☐ Mix well, then toss in the coconut.
- ☐ Place chicken on a rack sitting in a roasting tin, drizzle with the oil, then bake for 25 mins until cooked through and tender.
- ☐ Serve with mango chutney, lime wedges for squeezing over and rice, if you like.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:8.3, Inflammation Score:-4, Nutrition Score:22.564782640208%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 452.3kcal (22.61%), Fat: 21.07g (32.42%), Saturated Fat: 10.05g (62.79%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 17.41g (6.33%), Sugar: 11.26g (12.51%), Cholesterol: 214.7mg (71.57%), Sodium: 224.43mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.91g (89.83%), Selenium: 54.23µg (77.47%), Vitamin B3: 12.88mg (64.42%), Vitamin B6: 1.09mg (54.36%), Phosphorus: 463.71mg (46.37%), Vitamin B5: 2.89mg (28.95%), Vitamin B2: 0.44mg (26.09%), Zinc: 3.8mg (25.37%), Vitamin B12: 1.45µg (24.11%), Manganese: 0.44mg (22.22%), Potassium: 699.74mg (19.99%), Magnesium: 69.59mg (17.4%), Iron: 2.94mg (16.31%), Vitamin B1: 0.23mg (15.22%), Fiber: 3.76g (15.05%), Vitamin C: 11.81mg (14.32%), Copper: 0.28mg (14.14%), Vitamin K: 14.76µg (14.05%), Vitamin E: 1.32mg (8.77%), Vitamin A: 280.99IU (5.62%), Calcium: 45.65mg (4.57%), Folate: 16.77µg (4.19%)