



Crispy chicken & apple slaw

READY IN



15 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cabbage shredded white
- ☐ 0.5 small onion finely sliced
- ☐ 4 celery stalks sliced
- ☐ 2 apples i use 2 granny smith apples cored thinly sliced quartered
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 200 g greek yogurt fat-free
- ☐ 2 chicken breast strips/pre-cooked/chopped cooked thinly sliced
- ☐ 2 tbsp flour plain
- ☐ 1 eggs beaten

- ☐ 100 g alouette garlic & herbs spreadable cheese dried
- ☐ 4 corn frozen
- ☐ 4 servings barbecue sauce

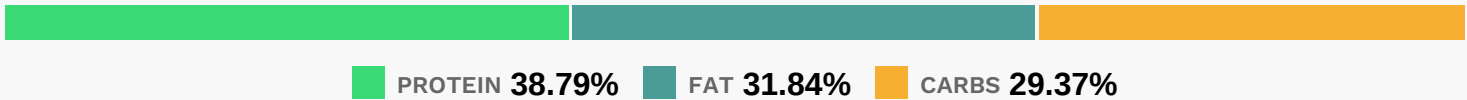
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Mix the slaw ingredients together with some seasoning, then set aside. This can be done up to a day in advance and chilled. Bring a large pan of water to the boil, then cook the corn cobs for 8–10 mins until tender and cooked through.
- ☐ Heat the grill to high.
- ☐ Pour the flour, egg and breadcrumbs out onto separate plates. Dip the chicken into the flour, then the egg, then coat in the breadcrumbs.
- ☐ Lay the chicken onto a baking sheet and grill for 2 mins on each side or until crispy and cooked through.
- ☐ Serve the crispy chicken with the slaw and corn cobs, and a bowl of barbecue sauce to dunk on the side.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:7.24, Inflammation Score:-6, Nutrition Score:22.819130628005%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 371.9kcal (18.59%), Fat: 13.33g (20.51%), Saturated Fat: 6.24g (38.98%), Carbohydrates: 27.67g (9.22%),
Net Carbohydrates: 22.29g (8.11%), Sugar: 15.54g (17.26%), Cholesterol: 143.7mg (47.9%), Sodium: 268.74mg
(11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.09%), Vitamin K: 89.79µg (85.51%), Vitamin
B3: 12.52mg (62.61%), Vitamin C: 46.6mg (56.48%), Selenium: 33.76µg (48.22%), Vitamin B6: 0.76mg (38.12%),
Phosphorus: 334.3mg (33.43%), Vitamin B2: 0.38mg (22.5%), Fiber: 5.37g (21.49%), Folate: 74.03µg (18.51%),
Potassium: 630.06mg (18%), Vitamin B5: 1.5mg (15.02%), Manganese: 0.28mg (14.06%), Magnesium: 52.67mg
(13.17%), Vitamin B1: 0.2mg (13.06%), Calcium: 130.19mg (13.02%), Vitamin B12: 0.74µg (12.34%), Iron: 1.99mg
(11.08%), Zinc: 1.56mg (10.42%), Copper: 0.12mg (5.83%), Vitamin A: 260.24IU (5.2%), Vitamin E: 0.71mg (4.73%),
Vitamin D: 0.31µg (2.04%)