



Crispy Falafel Chicken with Yogurt Salad

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 3 kirby cucumbers diced
- 0.3 cup dill fronds fresh coarsely chopped
- 0.3 cup mint leaves fresh
- 1 small clove garlic minced
- 1.5 teaspoons kosher salt
- 6 servings kosher salt
- 1 optional: lemon

- 0.5 cup whole-milk yogurt plain
- 1.5 pounds chicken breast halves boneless skinless
- 6 servings vegetable oil for frying
- 0.5 cup falafel mix prepared
- 0.5 cup falafel mix prepared

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Game plan: Make the salad while the chicken bakes.
- For the chicken: Preheat the oven to 400 degrees F.
- Place a small rack on a baking sheet.
- Put the falafel mix in a pie plate or other shallow bowl.
- Heat about 1/2-inch oil in a large, heavy skillet over medium-high heat. Season the chicken breasts with salt and black pepper, to taste, and coat with the falafel mix, shaking off any excess. Carefully place the chicken smooth side down in the hot oil, taking care not to crowd the pan. Cook until nicely browned, turning once, 2 to 3 minutes per side. Repeat with the rest of the chicken.
- Transfer the chicken to the prepared rack.
- Bake until firm but slightly springy when pressed, 6 to 8 minutes.
- Meanwhile, make the Yogurt Salad: Toss the mint, cucumbers, dill, onion, garlic, and salt in a small bowl. Finely grate the zest from the lemon into the salad and squeeze in the lemon's juice too. Stir the yogurt into the salad.
- Arrange chicken on a platter and serve with salad or put a chicken breast on each of 4 plates with the salad.

Nutrition Facts



■ PROTEIN 55.93% ■ FAT 29.02% ■ CARBS 15.05%

Properties

Glycemic Index:19.58, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:16.619130487027%

Flavonoids

Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 6.11g (9.4%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 5.35g (1.95%), Sugar: 4.09g (4.55%), Cholesterol: 72.98mg (24.33%), Sodium: 927.66mg (40.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Vitamin B3: 11.99mg (59.97%), Selenium: 37.32µg (53.32%), Vitamin B6: 0.96mg (48.18%), Phosphorus: 308.15mg (30.82%), Vitamin C: 18.3mg (22.18%), Vitamin B5: 2.16mg (21.59%), Potassium: 729.09mg (20.83%), Vitamin K: 16.39µg (15.61%), Magnesium: 55.7mg (13.92%), Vitamin B2: 0.21mg (12.58%), Manganese: 0.2mg (10.14%), Vitamin B1: 0.14mg (9.32%), Folate: 35.07µg (8.77%), Calcium: 82.44mg (8.24%), Copper: 0.16mg (7.96%), Zinc: 1.17mg (7.79%), Vitamin A: 378.79IU (7.58%), Fiber: 1.78g (7.12%), Iron: 1.13mg (6.25%), Vitamin B12: 0.35µg (5.86%), Vitamin E: 0.52mg (3.45%)