



Diamond Jubilee chicken

 Gluten Free

READY IN



175 min.

SERVINGS



10

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large chicken ()
- ☐ 1 tsp turmeric
- ☐ 2 tsp ground ginger
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground cinnamon
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 500 g greek yogurt
- ☐ 4 tbsp mayonnaise

- ☐ 0.3 tsp ground pepper
- ☐ 4 tsp pomegranate molasses
- ☐ 2 apple diced english cored
- ☐ 200 g walnuts toasted
- ☐ 1 bunch flat parsley chopped
- ☐ 100 g pomegranate seeds

Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Sit the chicken in a large roasting tin.
- ☐ Mix together the turmeric, 1 tsp ginger, 1 tsp cumin, 1 tsp cinnamon and oil, then brush all over the chicken, making sure all of the spiced oil is used. Season well.
- ☐ Pour 250ml water into the bottom of the tin, cover with foil and seal around the edges. Put in the oven and cook for 2 hrs.
- ☐ Remove the foil and increase oven to 220C/200C fan/gas
- ☐ Cook for a further 30 mins until the chicken is cooked through.
- ☐ Remove from the oven and leave until cool enough to handle. Strip the chicken meat from the carcass in chunky pieces and set aside.
- ☐ To make the salad, mix together the yogurt, mayonnaise, remaining 1 tsp each of ginger, cumin and cinnamon, cayenne pepper and pomegranate molasses or balsamic glaze.
- ☐ Add the chicken pieces, apples, all but a handful of the walnuts and parsley, and season.
- ☐ Spoon the salad onto a large plate. To serve, drizzle with a little pomegranate molasses or balsamic glaze and scatter over the pomegranate seeds, remaining walnuts and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:2.69, Inflammation Score:-9, Nutrition Score:19.588695769725%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 437.88kcal (21.89%), Fat: 33.39g (51.37%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.53g (3.83%), Sugar: 8.13g (9.03%), Cholesterol: 61.95mg (20.65%), Sodium: 111.55mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Vitamin K: 107.08µg (101.98%), Manganese: 0.98mg (48.9%), Vitamin B3: 5.72mg (28.61%), Phosphorus: 264.9mg (26.49%), Selenium: 17.33µg (24.76%), Vitamin B6: 0.44mg (22.19%), Copper: 0.41mg (20.33%), Vitamin B2: 0.29mg (16.85%), Vitamin E: 2.49mg (16.63%), Magnesium: 61.3mg (15.32%), Vitamin C: 11.9mg (14.42%), Zinc: 2.05mg (13.68%), Fiber: 3.23g (12.92%), Vitamin A: 641.5IU (12.83%), Iron: 2.22mg (12.31%), Potassium: 418.51mg (11.96%), Vitamin B5: 1.07mg (10.68%), Calcium: 104.79mg (10.48%), Folate: 41.75µg (10.44%), Vitamin B12: 0.59µg (9.88%), Vitamin B1: 0.15mg (9.77%), Vitamin D: 0.16µg (1.09%)