



## Easy Indian chicken with coleslaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 large handful cilantro leaves separated finely chopped
- ☐ 2 tsp ground cumin
- ☐ 2 lime zest
- ☐ 2 tbsp vegetable oil
- ☐ 4 chicken thighs skinless
- ☐ 1 tbsp turmeric
- ☐ 0.5 small head cabbage shredded
- ☐ 2 carrots shredded finely

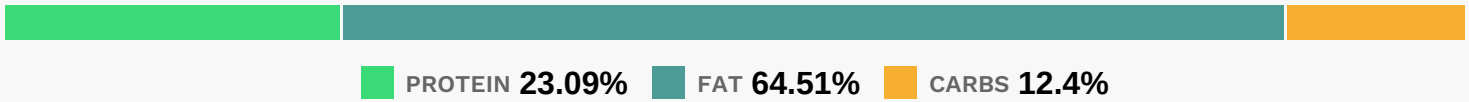
# Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Mix the coriander stems with the cumin, lime zest, juice and oil. Make 3 slashes in each chicken quarter, then sprinkle over the turmeric and half the lime mixture. Season well, then leave to marinate for 10 mins or up to 24 hrs. Roast on a baking tray for 50 mins until golden and cooked through.
- ☐ Tip the cabbage and carrots into a bowl, then pour over the remaining dressing.
- ☐ Add the coriander leaves and toss together.
- ☐ Serve alongside the chicken with some naan bread or rice, if you like.

# Nutrition Facts



# Properties

Glycemic Index:38.21, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:23.766956596271%

# Flavonoids

Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

# Nutrients (% of daily need)

Calories: 431.09kcal (21.55%), Fat: 31.45g (48.39%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 9.84g (3.58%), Sugar: 4.81g (5.35%), Cholesterol: 141.61mg (47.2%), Sodium: 154.9mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.66%), Vitamin A: 6095.94IU (121.92%), Vitamin C: 52.73mg (63.92%), Vitamin K: 50.22µg (47.83%), Selenium: 27.75µg (39.64%), Vitamin B3: 7.52mg (37.59%), Vitamin B6: 0.74mg (36.83%), Phosphorus: 276.3mg (27.63%), Manganese: 0.41mg (20.62%), Potassium: 666.24mg (19.04%), Iron: 3.21mg (17.86%), Vitamin B5: 1.73mg (17.34%), Vitamin B2: 0.27mg (16.05%), Vitamin B12: 0.92µg (15.41%), Fiber: 3.77g (15.09%), Zinc: 2.2mg (14.66%), Magnesium: 51.67mg (12.92%), Vitamin B1: 0.19mg (12.8%), Vitamin E: 1.32mg (8.82%), Calcium: 77.66mg (7.77%), Copper: 0.14mg (7.12%), Folate: 26.95µg (6.74%)