



Gluten-Free Lemon Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chicken servings boneless
- ☐ 2 tbsp cider vinegar
- ☐ 4 tbsp little demerara sugar
- ☐ 4 tbsp garbanzo flour]
- ☐ 2 juice of lemon grated
- ☐ 3 tbsp vegetable oil for frying ()

Equipment

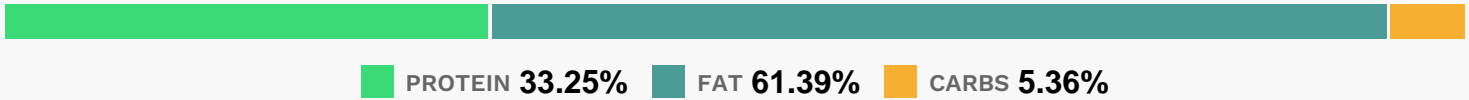
- ☐ frying pan

- ☐ sauce pan
- ☐ ziploc bags
- ☐ wok
- ☐ microwave

Directions

- ☐ Put the flour into a small plastic bag. Dice the chicken portions into bite-sized pieces and put them into the bag with the flour. Shake it about until the chicken pieces are evenly coated, then lift them out – leaving any spare flour in the bag (it will get used later).For the sauce, mix the lemon zest, lemon juice, sugar and vinegar.
- ☐ Heat on full power in the microwave or in a saucepan until the sugar has dissolved. Set aside.
- ☐ Heat the vegetable oil in a large wok or frying pan. Fry the chicken pieces until they are golden brown and cooked through.
- ☐ Add the lemon sauce and any remaining flour, and stir well. Allow to cook for another couple of minutes.
- ☐ Serve immediately with rice and steamed vegetables.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:35.137826131738%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1328.14kcal (66.41%), Fat: 88.62g (136.34%), Saturated Fat: 24.99g (156.21%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.56g (6.02%), Sugar: 13.12g (14.58%), Cholesterol: 428.49mg (142.83%), Sodium: 405.61mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 108g (215.99%), Vitamin B3: 39mg (195.01%), Selenium: 82.92µg (118.45%), Vitamin B6: 2.04mg (102.17%), Phosphorus: 865.61mg (86.56%), Vitamin B5: 5.26mg (52.64%), Zinc: 7.71mg (51.39%), Vitamin B2: 0.7mg (40.93%), Potassium: 1167.61mg (33.36%),

Magnesium: 128.23mg (32.06%), Iron: 5.58mg (30.99%), Vitamin B12: 1.77µg (29.52%), Vitamin B1: 0.38mg (25.52%),
Vitamin C: 14.95mg (18.12%), Folate: 70.05µg (17.51%), Copper: 0.35mg (17.34%), Vitamin A: 803.82IU (16.08%),
Vitamin E: 1.97mg (13.1%), Manganese: 0.25mg (12.72%), Vitamin K: 13µg (12.38%), Vitamin D: 1.14µg (7.62%),
Calcium: 69.08mg (6.91%), Fiber: 0.86g (3.42%)