



WHATSheATE



HEALTH SCORE

55%

Harissa chicken traybake



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp harissa
- ☐ 0.5 yogurt low-fat
- ☐ 4 chicken breast skinless
- ☐ 1 small butternut squash peeled deseeded cut into long wedges
- ☐ 2 onion red cut into wedges

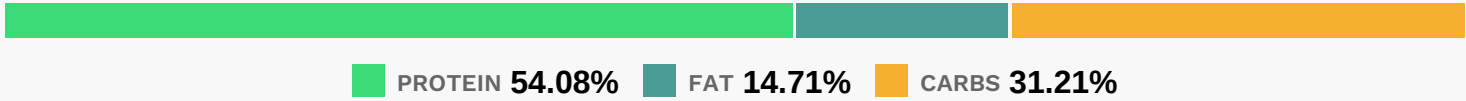
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Mix 2 tbsp of the harissa with 3 tbsp of the yogurt. Rub all over the chicken breasts and set aside to marinate while you start the veg.
- ☐ Toss the squash and the onions with remaining harissa, mixed with 2 tbsp oil (sunflower, vegetable or olive is fine), and some seasoning in a large roasting tin. Roast for 10 mins.
- ☐ Remove veg from the oven, add the chicken to the tin, then roast for a further 20-25 mins until the chicken and veg are cooked through.
- ☐ Serve with the remaining yogurt on the side, and a big bowl of couscous or rice.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:35.580869674683%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 374.44kcal (18.72%), Fat: 6.13g (9.44%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 24.33g (8.85%), Sugar: 7.96g (8.84%), Cholesterol: 144.66mg (48.22%), Sodium: 422.67mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.75g (101.49%), Vitamin A: 20076.77IU (401.54%), Vitamin B3: 26.07mg (130.33%), Selenium: 73.66µg (105.23%), Vitamin B6: 2.07mg (103.28%), Vitamin C: 47.96mg (58.13%), Phosphorus: 558.39mg (55.84%), Potassium: 1618.32mg (46.24%), Vitamin B5: 4.04mg (40.39%), Magnesium: 129.38mg (32.34%), Vitamin B1: 0.37mg (24.51%), Manganese: 0.48mg (24.18%), Vitamin E: 3.36mg (22.38%), Fiber: 4.95g (19.82%), Folate: 71.14µg (17.78%), Vitamin B2: 0.29mg (16.85%), Iron: 2.35mg (13.08%), Calcium: 116.35mg (11.64%), Copper: 0.23mg (11.61%), Zinc: 1.7mg (11.36%), Vitamin B12: 0.45µg (7.54%), Vitamin K: 3.32µg (3.16%), Vitamin D: 0.23µg (1.51%)