



WHATSheATE



HEALTH SCORE

80%

Harissa chicken with chickpea salad



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



2

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g cherry tomatoes halved
- ☐ 0.5 small onion red chopped
- ☐ 400 g garbanzo beans drained canned
- ☐ 1 small bunch parsley roughly chopped
- ☐ 1 juice of lemon
- ☐ 2 chicken breast skinless halved
- ☐ 1 tbsp harissa
- ☐ 2 servings day old pita bread fat-free

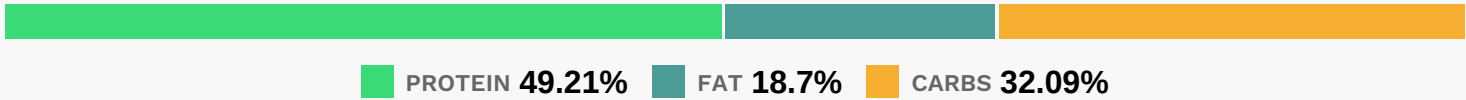
Equipment

- ☐ frying pan

Directions

- ☐ Mix the tomatoes, onion and chickpeas together, stir through the parsley and lemon juice and season.
- ☐ Coat the chicken with the harissa.
- ☐ Heat a griddle or frying pan or barbecue. Cook the chicken for 3–4 mins each side until lightly charred and cooked through.
- ☐ Divide the salad between 2 plates, top with the harissa chicken and serve with a dollop of yogurt and warmed pitta bread.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:46.959130587785%

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 Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 490.22kcal (24.51%), Fat: 10.22g (15.72%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 28.08g (10.21%), Sugar: 5.92g (6.58%), Cholesterol: 144.64mg (48.21%), Sodium: 953.83mg (41.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.49g (120.99%), Vitamin K: 471.87µg (449.4%), Vitamin B6: 2.82mg (140.88%), Vitamin B3: 25.06mg (125.32%), Selenium: 77.65µg (110.93%), Manganese: 1.9mg (95.07%), Vitamin C: 78.36mg (94.98%), Phosphorus: 701.01mg (70.1%), Vitamin A: 3162.34IU (63.25%), Potassium: 1639.64mg (46.85%), Fiber: 11.37g (45.48%), Vitamin B5: 4.16mg (41.56%), Magnesium: 143.5mg (35.88%), Iron: 6.07mg (33.74%), Folate: 127.86µg (31.97%), Copper: 0.53mg (26.45%), Zinc: 3.25mg (21.68%), Vitamin B1: 0.3mg

(20.3%), Vitamin B2: 0.33mg (19.24%), Calcium: 143.26mg (14.33%), Vitamin E: 1.52mg (10.14%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)