



Israeli Spice Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts split boneless skinless , 8 pieces
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 4 servings flat bread for passing
- ☐ 0.5 cup flat-leaf parsley leaves chopped 2 handfuls
- ☐ 0.5 cup flat-leaf parsley leaves chopped a couple of handfuls
- ☐ 0.3 cup mint leaves fresh chopped half a bundle
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 tablespoons ground cumin
- ☐ 1 juice of lemon ripe juiced
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper
- ☐ 3 tablespoons olive oil extra-virgin 3 turns around the pan
- ☐ 3 tablespoons olive oil extra-virgin a couple of glugs
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 2 cranberry-orange relish yellow
- ☐ 1 teaspoon oregano dried
- ☐ 4 servings serving suggestions: serve with tomato relish and zucchini recipes follow. piling the relish and the chicken in a warm pita is a fun way to combine the flavors and textures of the 2 recipes.
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon pepper flakes red hot crushed medium to in spice level
- ☐ 1 small onion sweet thinly sliced
- ☐ 1.5 tablespoons paprika sweet
- ☐ 3 small round tomatoes red ripe
- ☐ 4 small tender zucchini organic

Equipment

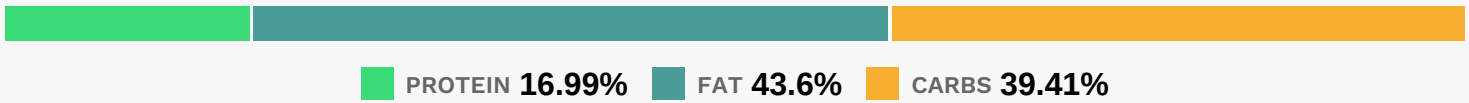
- ☐ bowl
- ☐ grill

Directions

- ☐ For the spice rub combine the paprika, cumin, oregano, coriander, crushed red pepper flakes, and kosher salt in a bowl.
- ☐ Place in a sealable jar, keep in a cool dry place for up to 6 months.
- ☐ Place chicken in a shallow dish.

- ☐ Drizzle with extra-virgin olive oil to barely coat the meat. Rub chicken liberally with 4 tablespoons of the spice blend.
- ☐ Let stand 10 minutes.
- ☐ Grill chicken 6 or 7 minutes on each side or until juices run clear.
- ☐ Seed and chop the tomatoes and combine with onion and parsley in a shallow bowl.
- ☐ Combine oil, lemon juice, and spices in a small plastic container with a lid. Shake dressing to combine and pour over salad. Season salad with kosher salt and toss to combine well.
- ☐ Let stand 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:39.051304340363%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 32.5mg, Apigenin: 32.5mg, Apigenin: 32.5mg, Apigenin: 32.5mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 3.3mg, Myricetin: 3.3mg, Myricetin: 3.3mg, Myricetin: 3.3mg Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg

Nutrients (% of daily need)

Calories: 861.24kcal (43.06%), Fat: 42.28g (65.05%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 86.03g (28.68%), Net Carbohydrates: 77.73g (28.27%), Sugar: 11.62g (12.91%), Cholesterol: 72.32mg (24.11%), Sodium: 2229.7mg (96.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.13%), Vitamin K: 283.93µg (270.41%), Vitamin A: 5204.4IU (104.09%), Vitamin B3: 16.04mg (80.2%), Vitamin C: 61.88mg (75.01%), Vitamin B6: 1.35mg (67.3%), Selenium: 37.77µg (53.96%), Vitamin E: 7.04mg (46.91%), Manganese: 0.83mg (41.56%), Potassium: 1422.16mg (40.63%), Phosphorus: 400.66mg (40.07%), Iron: 6.12mg (34.01%), Fiber: 8.3g (33.19%), Vitamin B1: 0.43mg (28.76%), Folate: 110.29µg (27.57%), Magnesium: 105.22mg (26.31%), Vitamin B2: 0.44mg (25.66%), Vitamin B5: 2.32mg (23.2%), Calcium: 179.79mg (17.98%), Copper: 0.34mg (17.19%), Zinc: 2.12mg (14.15%), Vitamin B12: 0.23µg (3.77%)