



Lemon and Honey Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- 1 large strips.
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- 6 servings salt and pepper black
- 4 tablespoons olive oil
- 2 cloves garlic halved
- 9 servings thyme sprigs
- 6 servings red wine vinegar
- 2 tablespoons soya sauce dark

- 3 tablespoons honey
- 1 optional: lemon finely sliced
- 1 Bunch flat parsley chopped

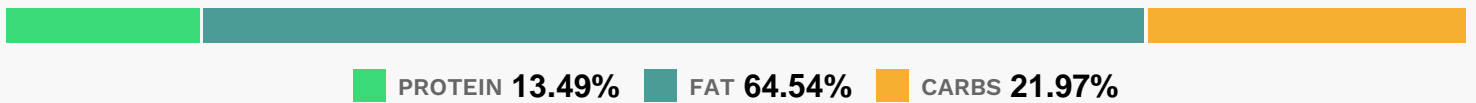
Equipment

- frying pan

Directions

- Season the chicken with salt and pepper and heat the olive oil in a large saut pan. Brown the chicken pieces (in batches if necessary) over a high heat with the garlic and thyme for 23 minutes on each side until golden brown. Return all the chicken to the pan, add the vinegar and bubble until reduced by half.
- Drizzle over the soy sauce and honey and shake the pan to mix.
- Pour in a 1/2 cup of hot water and add the lemon slices.
- Let the liquid bubble and reduce down until syrupy, which will take about 10 minutes or so. By now the chicken should be cooked through.
- Transfer the chicken to a platter and sprinkle over the chopped parsley.
- Serve with mashed potato (boil potatoes, add milk and butter and mash together, add cooked peas and carrots and some thyme).

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:5.11, Inflammation Score:-9, Nutrition Score:11.244347826087%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 20.51mg, Apigenin: 20.51mg, Apigenin: 20.51mg, Apigenin: 20.51mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 213.11kcal (10.66%), Fat: 15.76g (24.24%), Saturated Fat: 3g (18.77%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 10.95g (3.98%), Sugar: 9.26g (10.29%), Cholesterol: 36.91mg (12.3%), Sodium: 564.94mg (24.56%), Protein: 7.41g (14.82%), Vitamin K: 162.23µg (154.5%), Vitamin C: 24.97mg (30.26%), Vitamin A: 904.98IU (18.1%), Vitamin B3: 2.18mg (10.88%), Selenium: 7.4µg (10.57%), Vitamin E: 1.52mg (10.15%), Vitamin B6: 0.18mg (9.21%), Iron: 1.49mg (8.29%), Phosphorus: 79.64mg (7.96%), Manganese: 0.11mg (5.51%), Potassium: 188.1mg (5.37%), Vitamin B5: 0.5mg (4.97%), Vitamin B2: 0.08mg (4.94%), Folate: 19.55µg (4.89%), Magnesium: 18.81mg (4.7%), Zinc: 0.67mg (4.49%), Fiber: 1.12g (4.47%), Vitamin B12: 0.24µg (4.02%), Vitamin B1: 0.05mg (3.3%), Copper: 0.06mg (3.19%), Calcium: 31.03mg (3.1%)