



WHATSheATE



Lemon, broccoli & sesame roast chicken



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs cut into thighs and drumsticks
- ☐ 2 juice of lemon cut into 8 chunks
- ☐ 200 g broccoli
- ☐ 4 garlic clove thinly sliced
- ☐ 1 piece ginger shredded finely
- ☐ 3 tbsp soy sauce light
- ☐ 1 tbsp clear honey
- ☐ 1 tbsp sesame seed

☐ 1 tsp sesame oil

Equipment

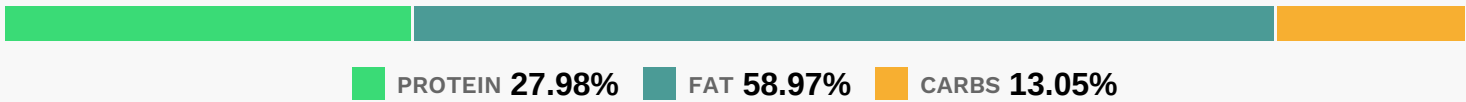
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the chicken and lemon chunks in a large roasting tin, season with pepper, then roast for 30 mins until the chicken is turning golden.
- ☐ After 25 mins, bring a little water to the boil in a frying pan, add the broccoli, cover and steam for 3 mins until bright green and almost tender, then drain.
- ☐ Tuck the broccoli around the chicken, scatter the garlic and ginger over and around the meat, then splash over the lemon juice, soy and honey.
- ☐ Sprinkle with the sesame seeds. Roast for another 15 mins until the chicken is golden and tender, and juices look sticky.
- ☐ Drizzle with sesame oil, then serve the chicken, broccoli and juices with rice.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:3.41, Inflammation Score:-6, Nutrition Score:18.216086962949%

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 Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 348.74kcal (17.44%), Fat: 23.05g (35.46%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.66g (3.51%), Sugar: 5.83g (6.48%), Cholesterol: 119.8mg (39.93%), Sodium: 880.16mg

(38.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.21%), Vitamin C: 51.71mg (62.68%), Vitamin K: 54.17µg (51.59%), Selenium: 25.81µg (36.88%), Vitamin B3: 7.11mg (35.53%), Vitamin B6: 0.59mg (29.5%), Phosphorus: 270.97mg (27.1%), Vitamin B5: 1.66mg (16.64%), Vitamin B2: 0.27mg (16.14%), Zinc: 2.39mg (15.94%), Manganese: 0.31mg (15.42%), Potassium: 496.13mg (14.18%), Magnesium: 50.78mg (12.7%), Vitamin B12: 0.72µg (12.02%), Folate: 44.65µg (11.16%), Iron: 2mg (11.1%), Copper: 0.22mg (11.07%), Vitamin B1: 0.17mg (11.02%), Vitamin A: 431.39IU (8.63%), Fiber: 1.83g (7.31%), Calcium: 66.66mg (6.67%), Vitamin E: 0.72mg (4.83%)