



## Lemon Chicken

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup chicken broth
- 1.5 pounds chicken tenderloins cut into chunks
- 4 servings coarse salt
- 1 cup lemon curd prepared
- 1 lemon zest
- 1 tablespoon rice wine vinegar
- 2 scallions fresh thinly sliced finely chopped
- 0.3 cup unbleached flour all-purpose

- 2 tablespoons vegetable oil (preferred brand: House of Tsang)
- 0.3 cup water hot

## Equipment

- frying pan
- whisk
- wok

## Directions

- Watch how to make this recipe.
- Coat the chunked chicken lightly in flour, seasoned with a little salt.
- Heat a large skillet or a wok-shaped nonstick pan over high heat. Stir fry chicken until golden, 3 or 4 minutes.
- Remove chicken from the pan and return pan to heat. Reduce heat to medium.
- Add a splash of vinegar to the pan and let it evaporate.
- Add stock or broth to the pan and scrape up any drippings with a whisk. Thin curd by stirring in a little hot water.
- Add curd to broth and whisk to combine.
- Add chicken back to the pan and simmer for 1 to 2 minutes to thicken sauce and finish cooking chicken pieces through.
- Remove the pan from heat, add the scallions or chives and zest, and toss chicken pieces well to combine zest and scallions or chives evenly throughout the sauce.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:17.650869758233%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 474.84kcal (23.74%), Fat: 16.6g (25.54%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 39.66g (14.42%), Sugar: 34.12g (37.92%), Cholesterol: 109.45mg (36.48%), Sodium: 670.66mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.49%), Vitamin B3: 17.89mg (89.46%), Selenium: 57.69µg (82.41%), Vitamin B6: 1.28mg (64.01%), Phosphorus: 366.59mg (36.66%), Vitamin B5: 2.47mg (24.67%), Potassium: 646.46mg (18.47%), Vitamin K: 13.93µg (13.27%), Magnesium: 47.1mg (11.77%), Vitamin B2: 0.19mg (11.41%), Vitamin B1: 0.12mg (8.17%), Zinc: 1.08mg (7.22%), Vitamin E: 0.93mg (6.18%), Vitamin B12: 0.35µg (5.77%), Manganese: 0.11mg (5.27%), Vitamin C: 4.27mg (5.17%), Iron: 0.74mg (4.14%), Copper: 0.07mg (3.47%), Folate: 10.1µg (2.53%), Fiber: 0.47g (1.89%), Vitamin A: 74.29IU (1.49%), Calcium: 14.13mg (1.41%), Vitamin D: 0.17µg (1.13%)