



Mary Cadogan's Jubilee chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g roasted chicken boneless cold cooked (if you are roasting a chicken specially you will need one that weighs 1.8kg 4lb, or 5-6 breasts, depending on their size)
- ☐ 350 g cherries
- ☐ 1 bag watercress mixed (or 2 x 85g packs watercress)
- ☐ 1 bunch spring onion
- ☐ 1 tbsp curry paste
- ☐ 1 tsp clear honey
- ☐ 1 tbsp juice of lemon
- ☐ 200 g spices: paprika powder 1 low fat

☐ 1 bunch mint leaves good

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ knife

☐ blender

☐ aluminum foil

Directions

☐ Tear the chicken into bite-sized pieces (at this point you can wrap the chicken in a foil parcel and store it in the fridge for up to 2 days). Stone the cherries. Do this by cutting the cherries in half, using the tip of a small sharp knife and easing out the stones (or use a cherry stoner if you have one).

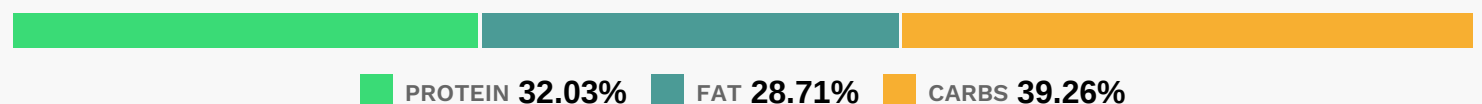
☐ Heat the curry paste in a small pan, for 1 minute or until the aromas begin to release. Allow to cool, then tip the curry paste, honey, lemon juice and fromage frais into a food processor or blender, along with a good shake of salt and some freshly ground black pepper. Strip the mint leaves from their stalks and add them to the blender. Blend until the dressing is fairly smooth, but with flecks of mint, rather than a pure. Store the dressing in the fridge in a jug or bowl, covered with cling film or a lid. You can keep refrigerated for up to 2 days.

☐ Spread the salad leaves or watercress over a platter, scatter over the chicken pieces, followed by the cherries. Trim off the roots and about 3cm from the tops of the spring onions, then cut them into long diagonal slices and scatter them over the chicken. Cover the platter with cling film and chill for up to 2 hours.

☐ Just before serving, drizzle the dressing back and forth in thin lines over the chicken, cherries and leaves.

☐ Serve with new potatoes.

Nutrition Facts



Properties

Glycemic Index:23.05, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:24.02217367421%

Flavonoids

Cyanidin: 17.62mg, Cyanidin: 17.62mg, Cyanidin: 17.62mg, Cyanidin: 17.62mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 328.03kcal (16.4%), Fat: 11.16g (17.17%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 27.87g (10.13%), Sugar: 11.37g (12.64%), Cholesterol: 75mg (25%), Sodium: 99.11mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Manganese: 5.39mg (269.46%), Vitamin K: 54.39µg (51.8%), Iron: 8.18mg (45.46%), Vitamin B3: 8.78mg (43.91%), Selenium: 27.86µg (39.8%), Vitamin B6: 0.59mg (29.75%), Calcium: 272.14mg (27.21%), Fiber: 6.49g (25.96%), Phosphorus: 254.3mg (25.43%), Vitamin C: 20.12mg (24.39%), Vitamin A: 1079.49IU (21.59%), Magnesium: 77.23mg (19.31%), Potassium: 644.27mg (18.41%), Zinc: 2.39mg (15.95%), Vitamin B2: 0.23mg (13.81%), Copper: 0.27mg (13.53%), Vitamin B5: 1.14mg (11.41%), Vitamin B1: 0.14mg (9.17%), Vitamin E: 0.85mg (5.68%), Folate: 20.45µg (5.11%), Vitamin B12: 0.29µg (4.83%)