



Moroccan chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet chicken breast boneless skinless
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil
- ☐ 4 tsp suya seasoning mix
- ☐ 300 g quinoa
- ☐ 1 bunch spring onion chopped
- ☐ 1 handful olive green pitted halved
- ☐ 1 small bunch flat parsley chopped

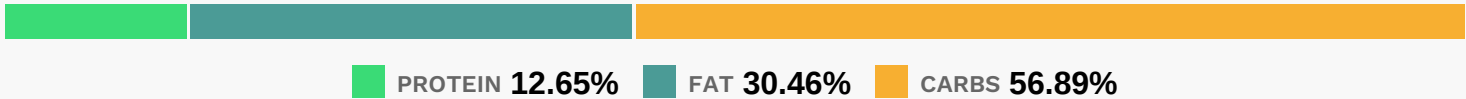
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Cut 3 deep slashes into each chicken breast and place in an ovenproof baking dish.
- ☐ Mix the lemon zest, juice, oil and spices together, then pour over the chicken. Cover with foil and bake for 20 mins.
- ☐ Cook the quinoa according to pack instructions then tip into a large bowl. Stir through the rest of the ingredients and divide between serving plates.
- ☐ Remove the chicken from the oven and serve on top of the quinoa with the juices drizzled over.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:27.008695583305%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 367.09kcal (18.35%), Fat: 12.68g (19.51%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 45g (16.36%), Sugar: 0.55g (0.61%), Cholesterol: 0.64mg (0.21%), Sodium: 93.31mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.71%), Vitamin K: 281.05µg (267.67%), Manganese: 1.8mg (90.16%), Folate: 175.57µg (43.89%), Magnesium: 170.42mg (42.6%), Phosphorus: 363.01mg (36.3%), Iron:

6.29mg (34.96%), Fiber: 8.3g (33.18%), Vitamin A: 1375.28IU (27.51%), Vitamin E: 4.07mg (27.16%), Vitamin C: 22.14mg (26.84%), Copper: 0.51mg (25.38%), Vitamin B6: 0.44mg (22.24%), Vitamin B1: 0.3mg (19.79%), Zinc: 2.64mg (17.63%), Vitamin B2: 0.29mg (16.81%), Potassium: 588.13mg (16.8%), Calcium: 142.68mg (14.27%), Selenium: 7.02µg (10.03%), Vitamin B3: 1.71mg (8.55%), Vitamin B5: 0.71mg (7.06%)