



Mustard griddled chicken, beetroot & orange salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 chicken thighs boneless skinless
- ☐ 2 cranberry-orange relish
- ☐ 2 tbsp dijon mustard
- ☐ 1 tbsp olive oil
- ☐ 140 g watercress
- ☐ 4 beets cooked cut into wedges

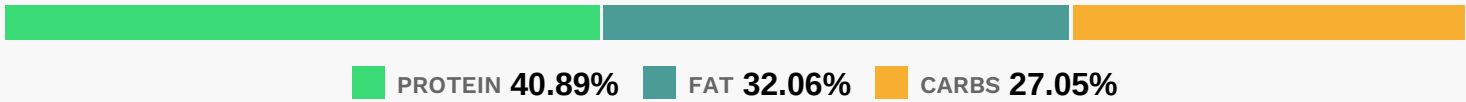
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ rolling pin

Directions

- ☐ Put the chicken between 2 sheets of parchment paper or cling film and bash with a rolling pin to flatten. Grate the zest from orange and mix in a bowl with the mustard, 2 tsp oil and plenty of seasoning.
- ☐ Add the chicken and stir well.
- ☐ Heat a griddle or frying pan and cook the chicken for 5–6 mins on each side until cooked through.
- ☐ Place on a plate to rest while you assemble the salad.
- ☐ Tip the salad leaves into a bowl. Peel and slice the oranges on a plate to catch any juices.
- ☐ Pour the orange juice over the leaves, add the slices with 1tsp oil and toss together.
- ☐ Add the beetroot, then slice the chicken and add to the salad along with any resting juices. Divide everything between plates and serve.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:6.28, Inflammation Score:-8, Nutrition Score:23.399565116219%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 239.88kcal (11.99%), Fat: 8.65g (13.31%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 12.05g (4.38%), Sugar: 11.84g (13.16%), Cholesterol: 107.35mg (35.78%), Sodium: 261.45mg (11.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.65%), Vitamin K: 93.16µg (88.72%), Vitamin C: 53.94mg (65.39%), Selenium: 29.3µg (41.86%), Vitamin B3: 6.88mg (34.41%), Vitamin B6: 0.65mg (32.37%), Folate: 117.22µg (29.31%), Phosphorus: 282.38mg (28.24%), Vitamin A: 1323.73IU (26.47%), Potassium: 788.69mg (22.53%), Manganese: 0.42mg (21.05%), Vitamin B2: 0.31mg (18%), Vitamin B5: 1.78mg (17.78%), Fiber: 4.37g (17.46%), Magnesium: 62.35mg (15.59%), Vitamin B1: 0.23mg (15.32%), Zinc: 2.14mg (14.25%), Vitamin B12: 0.72µg (12.05%), Iron: 1.83mg (10.19%), Calcium: 96.25mg (9.63%), Copper: 0.19mg (9.34%), Vitamin E: 1.23mg (8.23%)