



Parmesan spring chicken



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg whites
- ☐ 5 tbsp parmesan finely grated
- ☐ 4 chicken breast boneless skinless
- ☐ 400 g baby potatoes cut into small cubes
- ☐ 140 g peas frozen
- ☐ 1 handful baby spinach good
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 2 tsp olive oil

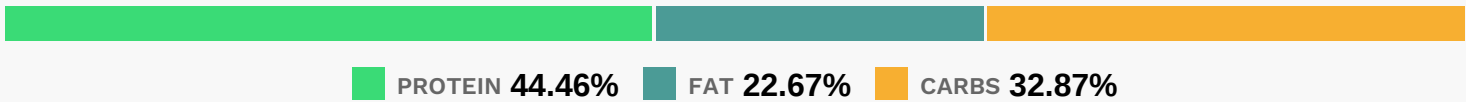
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the parmesan onto another plate. Dip the chicken first in egg white, then in the cheese. Grill the coated chicken for 10–12 mins, turning once until browned and crisp.
- ☐ Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:14.23, Inflammation Score:-8, Nutrition Score:23.538261058538%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 284.89kcal (14.24%), Fat: 7.06g (10.87%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 18.69g (6.8%), Sugar: 2.9g (3.22%), Cholesterol: 76.57mg (25.52%), Sodium: 257.67mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.17g (62.35%), Vitamin B3: 13.65mg (68.25%), Vitamin B6: 1.22mg (61.06%), Selenium: 40.07µg (57.24%), Vitamin K: 48.49µg (46.18%), Vitamin C: 37.18mg (45.07%), Phosphorus: 380.57mg (38.06%), Potassium: 985.8mg (28.17%), Vitamin A: 1055.74IU (21.11%), Vitamin B5: 1.99mg (19.9%), Manganese: 0.38mg (19.23%), Magnesium: 73.58mg (18.39%), Fiber: 4.36g (17.44%), Vitamin B1: 0.25mg (16.93%), Vitamin B2: 0.26mg (15.24%), Folate: 58.56µg (14.64%), Iron: 2mg (11.12%), Calcium: 108.6mg (10.86%), Copper: 0.21mg (10.7%), Zinc: 1.59mg (10.63%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.76mg (5.07%)