



 **13%**
HEALTH SCORE

Peri Peri Chicken and Savoury Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper
- 1 bell pepper
- 5 thai chile
- 1 teaspoon pepper black
- 8 chicken pieces
- 0.5 teaspoon chili powder red
- 5 cloves garlic
- 0.5 inch ginger

- 1 ice cubes
- 1 optional: lemon (tablespoon all the juice out)
- 0.5 onion
- 1 tablespoon oregano
- 2 tablespoon paprika
- 0.3 teaspoon food coloring red
- 2 teaspoon salt
- 1 scotch bonnet peppers (Ata Rodo)
- 1 scotch bonnet peppers (Ata Rodo)
- 0.5 cup vegetable oil
- 4 tablespoon vinegar dark

Equipment

- oven
- pot
- grill

Directions

- Wash the Chicken and set aside. Blend all the Ingredients together and pour as needed on the chicken. Rub it into the chicken and allow to marinate for about 3–5 hours. If you have a grill, heat up the grill and place chicken on to cook. If you don't and you are using an oven, set the oven to grill/broil at first and let the chicken brown on both sides then reset the oven to bake at 370 F and bake the chicken till cooked. If there is left over sauce from the blend, heat it up with a little water and serve with the peri peri chicken. Savoury Rice
- Ingredients 2 cups of Rice 1/2 bulb of Onion 1/4 pound of Cabbage 1 cup of chopped carrots 1 egg 1 cup of melted butter
- Chicken Seasoning 1 teaspoon of curry a pinch of thyme Wash and Parboil the Rice for 10 minutes.
- Heat the butter in a pot and pour in the chopped onions, carrots and cabbage and stir in. Break the egg into the veggie mix and stir in.
- Add your seasoning and pour in the parboiled rice.

Pour in 1 cup of water and cook on medium heat till the rice is soft. Stir and serve with the chicken.

Nutrition Facts

PROTEIN 30% **FAT 61.51%** **CARBS 8.49%**

Properties

Glycemic Index:58.92, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:21.374347826087%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Taste

Sweetness: 13.39%, Saltiness: 100%, Sourness: 32%, Bitterness: 29.57%, Savoriness: 69.36%, Fattiness: 75.68%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 401.25kcal (20.06%), Fat: 27.44g (42.21%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 5.57g (2.02%), Sugar: 3.14g (3.49%), Cholesterol: 115.6mg (38.53%), Sodium: 891.27mg (38.75%), Protein: 30.1g (60.21%), Vitamin C: 75.16mg (91.1%), Vitamin B3: 11.28mg (56.42%), Vitamin A: 2738IU (54.76%), Vitamin B6: 0.8mg (39.96%), Selenium: 23.03µg (32.9%), Phosphorus: 259.05mg (25.9%), Vitamin K: 19.62µg (18.68%), Vitamin B5: 1.67mg (16.71%), Vitamin B2: 0.27mg (15.77%), Vitamin E: 2.36mg (15.71%), Zinc: 2.33mg (15.53%), Iron: 2.67mg (14.82%), Potassium: 516.66mg (14.76%), Manganese: 0.28mg (13.91%), Magnesium: 47.58mg (11.9%), Fiber: 2.96g (11.82%), Vitamin B1: 0.15mg (9.67%), Folate: 35.92µg (8.98%), Vitamin B12: 0.48µg (7.96%), Copper: 0.14mg (6.9%), Calcium: 53.92mg (5.39%), Vitamin D: 0.31µg (2.06%)