



Senegalese Lemon Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 cups carrots thinly sliced
- 2 pounds chicken breast halves
- 2 pounds chicken thighs
- 4 cups rice long-grain hot cooked
- 1 tablespoon dijon mustard
- 1 jalapeno minced seeded
- 0.3 cup juice of lemon fresh

- 1.5 cups fat-skimmed beef broth fat-free
- 3 pounds onion sliced
- 1.5 tablespoons vegetable oil; peanut oil preferred
- 0.5 cup pimiento stuffed olives
- 1 teaspoon salt
- 1 scotch bonnet peppers with a fork
- 0.5 cup water

Equipment

- bowl
- frying pan
- broiler
- ziploc bags
- dutch oven
- colander

Directions

- Combine first 5 ingredients; divide evenly between 2 (1-gallon) heavy-duty zip-top plastic bags. Divide chicken evenly between bags; seal bags. Toss each bag well to coat. Refrigerate 3 hours, turning bags occasionally.
- Preheat broiler.
- Remove chicken from bags, reserving marinade.
- Place chicken on broiler rack coated with cooking spray; broil 6 minutes on each side or until lightly browned.
- Strain marinade through a colander over a bowl, reserving marinade and onion.
- Heat oil in a Dutch oven over medium-high heat.
- Add onion to pan; saut 5 minutes.
- Add reserved marinade; bring to a boil. Cook 1 minute; add chicken, carrot, broth, olives, water, mustard, and Scotch bonnet pepper. Bring to a boil; cover, reduce heat, and simmer 1 hour or until chicken is done. Discard Scotch bonnet.

Serve over rice.

Nutrition Facts

PROTEIN 31.71% **FAT 37.69%** **CARBS 30.6%**

Properties

Glycemic Index:40.48, Glycemic Load:28.52, Inflammation Score:-10, Nutrition Score:30.493043521176%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 34.72mg, Quercetin: 34.72mg, Quercetin: 34.72mg, Quercetin: 34.72mg

Nutrients (% of daily need)

Calories: 566.07kcal (28.3%), Fat: 23.51g (36.17%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 38.34g (13.94%), Sugar: 9.3g (10.33%), Cholesterol: 167.04mg (55.68%), Sodium: 853.48mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.51g (89.01%), Vitamin A: 5525.07IU (110.5%), Selenium: 62.8µg (89.71%), Vitamin B3: 17.45mg (87.24%), Vitamin B6: 1.53mg (76.51%), Phosphorus: 493.98mg (49.4%), Manganese: 0.7mg (35.25%), Vitamin B5: 3.28mg (32.82%), Potassium: 1035.24mg (29.58%), Vitamin C: 23.65mg (28.67%), Magnesium: 81.91mg (20.48%), Vitamin B2: 0.33mg (19.42%), Fiber: 4.59g (18.37%), Vitamin B1: 0.27mg (18.1%), Zinc: 2.65mg (17.7%), Vitamin B12: 0.93µg (15.48%), Folate: 51.82µg (12.96%), Copper: 0.24mg (12.15%), Iron: 1.85mg (10.27%), Vitamin E: 1.52mg (10.15%), Calcium: 80.41mg (8.04%), Vitamin K: 8.02µg (7.64%), Vitamin D: 0.21µg (1.4%)