



## Sesame-Lemon Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cucumber chopped
- 2 teaspoons thyme leaves dried
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 2 tablespoons olive oil extra-virgin
- 2 cups lightly pita chips salted crushed
- 2 tablespoons red wine vinegar

- 8 cups romaine lettuce hearts chopped
- 1 tablespoon sesame seed toasted
- 0.5 teaspoon sugar
- 2 pounds skin-on bone-in trimmed
- 1 tomatoes chopped

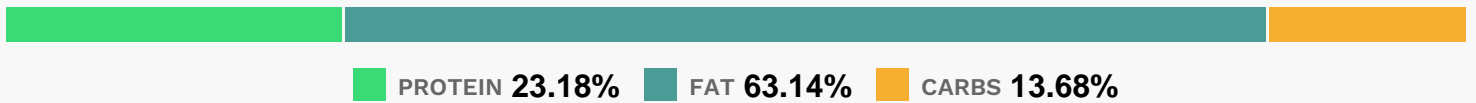
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Mix 1 tablespoon of the reserved rub, the lemon juice, vinegar, and salt to taste in a bowl.
- Whisk in the olive oil. When the chicken is done, whisk 1 tablespoon of the pan drippings into the dressing.
- Add the lettuce, cucumber, tomato and pita chips; season with salt and pepper and toss.
- Sprinkle the chicken with the remaining 1/2 tablespoon rub and serve with the salad.
- Photograph by Justin Walker

## Nutrition Facts



## Properties

Glycemic Index:39.52, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:31.78521732662%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

## Nutrients (% of daily need)

Calories: 619.13kcal (30.96%), Fat: 43.42g (66.8%), Saturated Fat: 10.06g (62.89%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 16.99g (6.18%), Sugar: 4.54g (5.04%), Cholesterol: 188.92mg (62.97%), Sodium: 516.41mg (22.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.86g (71.71%), Vitamin A: 8668.07IU (173.36%), Vitamin K: 121.24µg (115.47%), Selenium: 43.52µg (62.17%), Vitamin B3: 10.92mg (54.6%), Folate: 178.64µg (44.66%), Vitamin B6: 0.84mg (41.86%), Phosphorus: 394.14mg (39.41%), Vitamin B1: 0.37mg (24.77%), Potassium: 849.5mg (24.27%), Manganese: 0.48mg (24.2%), Vitamin B2: 0.41mg (24.07%), Vitamin B5: 2.41mg (24.05%), Iron: 4.32mg (24.01%), Zinc: 3.18mg (21.22%), Vitamin E: 3.09mg (20.61%), Vitamin B12: 1.23µg (20.56%), Magnesium: 78.08mg (19.52%), Vitamin C: 14.05mg (17.03%), Fiber: 4.18g (16.73%), Copper: 0.33mg (16.52%), Calcium: 95.08mg (9.51%), Vitamin D: 0.19µg (1.29%)