



Smoky chicken with warm corn & potato salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g baby potatoes
- ☐ 2 large ears corn
- ☐ 0.5 onion red thinly sliced
- ☐ 1 juice of lime
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove crushed
- ☐ 0.5 tsp paprika smoked sweet
- ☐ 4 chicken breast skinless halved thin

- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 4 servings lime wedges

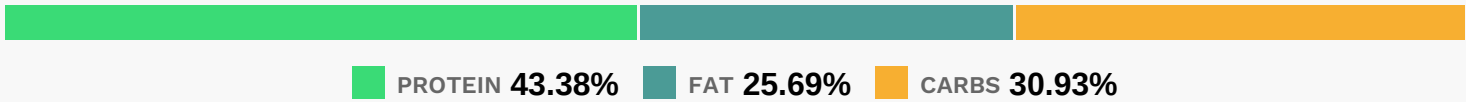
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ cutting board

Directions

- ☐ Bring to the boil a saucepan of water big enough to hold all the potatoes and corn. Cook the potatoes for 12 mins, adding the corn after 6 mins, until both are tender.
- ☐ Drain well.
- ☐ Meanwhile, mix the sliced red onion with the lime juice and half the oil in a large salad bowl.
- ☐ Mix the remaining oil with the garlic, paprika and some seasoning in a shallow bowl, then toss in the chicken until thoroughly coated.
- ☐ Heat a griddle pan, then griddle the chicken for 3 mins on each side until cooked through. Tip the potatoes into the bowl with the onions. Stand a corn cob on one end on a chopping board, then slice down the length, cutting off the kernels in strips.
- ☐ Mix into the potato salad with the coriander and seasoning, then serve alongside the smoky griddled chicken, with lime wedges, if using.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:16.45, Inflammation Score:-7, Nutrition Score:30.738260953323%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 488.33kcal (24.42%), Fat: 14g (21.54%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 33.29g (12.1%), Sugar: 6.24g (6.93%), Cholesterol: 144.64mg (48.21%), Sodium: 282.59mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.21g (106.41%), Vitamin B3: 26.24mg (131.21%), Vitamin B6: 2.17mg (108.73%), Selenium: 73.45µg (104.93%), Phosphorus: 618.74mg (61.87%), Potassium: 1607.58mg (45.93%), Vitamin C: 36.77mg (44.57%), Vitamin B5: 4.16mg (41.58%), Magnesium: 117.34mg (29.33%), Vitamin B1: 0.37mg (24.61%), Manganese: 0.4mg (19.92%), Vitamin B2: 0.32mg (18.73%), Fiber: 4.65g (18.59%), Folate: 63.92µg (15.98%), Zinc: 2.07mg (13.81%), Iron: 2.38mg (13.21%), Vitamin K: 13.79µg (13.13%), Copper: 0.25mg (12.67%), Vitamin E: 1.65mg (10.97%), Vitamin A: 466.76IU (9.34%), Vitamin B12: 0.45µg (7.53%), Calcium: 36.97mg (3.7%), Vitamin D: 0.23µg (1.51%)