



## Spice & lime chicken

READY IN



23 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 150 ml pot natural yogurt
- ☐ 1 tbsp vegetable oil
- ☐ 1 tsp curry powder
- ☐ 1 pinch chilli powder
- ☐ 1 juice of lime
- ☐ 1 garlic clove crushed
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 bell pepper green red deseeded cut into large chunks
- ☐ 1 onion halved cut into large chunks

☐ 4 servings rice and ready-made raita steamed

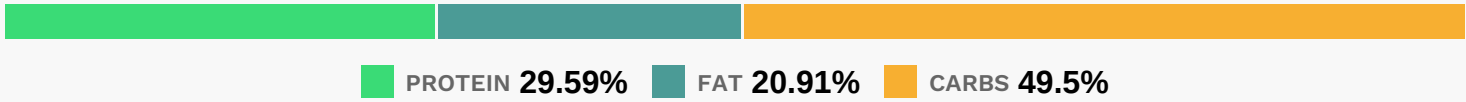
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

## Directions

- ☐ In a large bowl, mix together the first 6 ingredients and season to taste. Slash the chicken breasts 5–6 times, without cutting all the way through.
- ☐ Add the chicken breasts and vegetables to the yogurt mix and stir to coat everything completely. Cover and leave the flavours to mingle for 10 mins.
- ☐ Place a griddle over a high heat and cook the chicken and vegetables for 4 mins each side until the chicken is cooked through and the grill lines are golden. Leave to rest for 2 mins before serving with steamed rice and raita.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:18.348260620366%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

## Nutrients (% of daily need)

Calories: 424.2kcal (21.21%), Fat: 9.75g (15%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 48.75g (17.73%), Sugar: 5.84g (6.49%), Cholesterol: 77.37mg (25.79%), Sodium: 731.88mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Vitamin B3: 13.63mg (68.13%), Selenium: 37.36µg (53.37%), Vitamin B6: 0.98mg (48.84%), Vitamin C: 31.25mg (37.87%), Vitamin A: 1699.13IU (33.98%),

Phosphorus: 292.13mg (29.21%), Potassium: 730.49mg (20.87%), Vitamin B5: 1.84mg (18.39%), Vitamin B2: 0.26mg (15.03%), Vitamin B1: 0.21mg (13.86%), Fiber: 3.19g (12.77%), Magnesium: 41.86mg (10.46%), Vitamin K: 9.45µg (9%), Calcium: 86.82mg (8.68%), Zinc: 1.01mg (6.71%), Iron: 1.14mg (6.35%), Manganese: 0.13mg (6.3%), Folate: 24.99µg (6.25%), Vitamin B12: 0.37µg (6.16%), Vitamin E: 0.77mg (5.12%), Copper: 0.07mg (3.65%), Vitamin D: 0.15µg (1.01%)