



Spiced chicken with rice & crisp red onions

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast boneless skinless
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 tsp curry powder
- ☐ 1 large onion red thinly sliced
- ☐ 100 g rice
- ☐ 1 cinnamon sticks
- ☐ 1 pinch saffron threads
- ☐ 1 tbsp raisins

- ☐ 85 g pea-mond dressing frozen
- ☐ 1 tbsp mint leaves chopped
- ☐ 4 tbsp yogurt low-fat

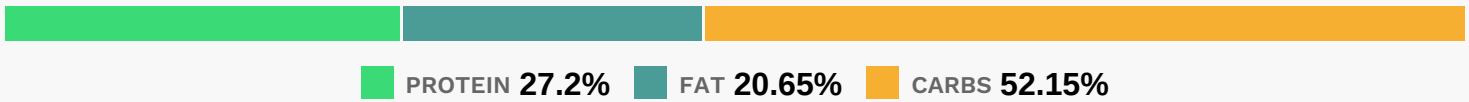
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Brush the chicken with 1 tsp oil, then sprinkle with curry powder. Toss the onion in the remaining oil.
- ☐ Put the chicken and onions in one layer in a roasting tin.
- ☐ Bake for 25 mins until the meat is cooked and the onions are crisp, stirring the onions halfway through the cooking time.
- ☐ Rinse the rice, then put in a pan with the cinnamon, saffron, salt to taste and 300ml water. Bring to the boil, stir once, add the raisins, cover. Gently cook for 10-12 mins until the rice is tender, adding the peas halfway through. Spoon the rice onto two plates, top with the chicken and scatter over the onions. Stir the herbs into the yogurt and season, if you like, before serving on the side.

Nutrition Facts



Properties

Glycemic Index:133.99, Glycemic Load:30.9, Inflammation Score:-7, Nutrition Score:24.686956882477%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 503.36kcal (25.17%), Fat: 11.5g (17.7%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 58.83g (21.39%), Sugar: 6.7g (7.45%), Cholesterol: 74.72mg (24.91%), Sodium: 169.08mg (7.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.18%), Selenium: 46.81µg (66.87%), Vitamin B3: 13.1mg (65.48%), Manganese: 1.26mg (63.17%), Vitamin B6: 1.1mg (54.88%), Phosphorus: 449.02mg (44.9%), Folate: 116.12µg (29.03%), Vitamin B5: 2.61mg (26.08%), Fiber: 6.52g (26.06%), Vitamin E: 3.77mg (25.12%), Potassium: 872.91mg (24.94%), Magnesium: 85.79mg (21.45%), Iron: 3.01mg (16.71%), Vitamin B1: 0.25mg (16.71%), Vitamin B2: 0.28mg (16.68%), Copper: 0.33mg (16.43%), Zinc: 2.33mg (15.56%), Calcium: 146.87mg (14.69%), Vitamin C: 6.89mg (8.35%), Vitamin B12: 0.45µg (7.5%), Vitamin K: 4.22µg (4.02%), Vitamin A: 120.77IU (2.42%)