



Spiced Roast Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp cayenne pepper
- ☐ 1 kg chicken - into pieces whole chopped
- ☐ 1 tsp cinnamon powder
- ☐ 1 Tbs coriander powder
- ☐ 1 Tbs cumin powder
- ☐ 1 handful coriander fresh coarsely chopped
- ☐ 2 tsp garlic powder
- ☐ 1 tsp ground ginger

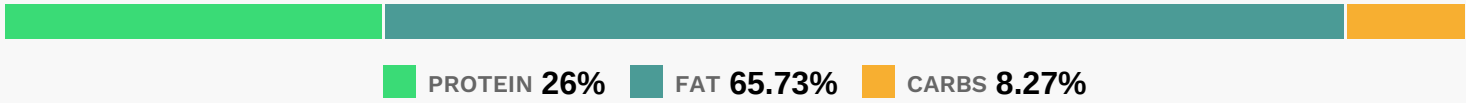
- ☐ 2 juice of lime
- ☐ 3 Tbs oil
- ☐ 1 tsp paprika
- ☐ 1 tsp salt
- ☐ 1.5 tsp sugar
- ☐ 1 tsp turmeric powder
- ☐ 10 cardamon whole crushed

Equipment

Directions

- ☐ Mix together all ingredients except for fresh coriander. Leave to marinate for at least 1 hr, preferably overnight.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:20.245217458062%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 506.51kcal (25.33%), Fat: 37.26g (57.32%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.38g (2.68%), Sugar: 2.06g (2.29%), Cholesterol: 127.5mg (42.5%), Sodium: 706.85mg (30.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.33%), Manganese: 1.85mg (92.72%), Vitamin B3: 11.93mg (59.67%), Selenium: 25.66µg (36.66%), Vitamin B6: 0.68mg (34.15%), Phosphorus: 286.16mg (28.62%), Iron: 4.08mg (22.67%), Zinc: 2.88mg (19.23%), Vitamin E: 2.8mg (18.66%), Vitamin A: 804.54IU (16.09%), Vitamin B5: 1.6mg (16.02%), Magnesium: 61.86mg (15.46%), Potassium: 506.11mg (14.46%), Vitamin B2: 0.24mg (14.21%), Vitamin K: 14.42µg (13.73%), Fiber: 3.16g (12.63%), Vitamin C: 9.46mg (11.46%), Vitamin B1: 0.14mg (9.34%), Vitamin B12: 0.53µg (8.78%), Copper: 0.15mg (7.73%), Calcium: 75.06mg (7.51%), Folate: 14.27µg (3.57%), Vitamin D: 0.34µg (2.27%)