



Spicy Cajun chicken quinoa



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast skinless cut into bite-sized pieces
- ☐ 1 tbsp cajun spice
- ☐ 100 g quinoa
- ☐ 600 ml chicken stock see hot
- ☐ 100 g apricot dried sliced
- ☐ 0.5 lentils
- ☐ 1 tbsp olive oil
- ☐ 2 onion red cut into thin wedges

- ☐ 1 bunch spring onion chopped
- ☐ 1 small bunch cilantro leaves chopped

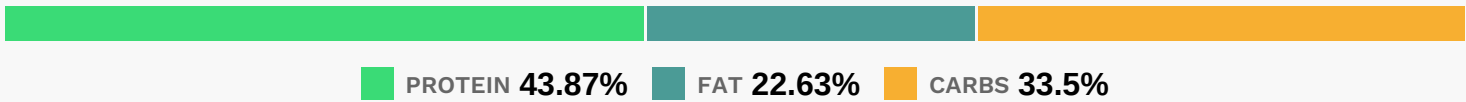
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the chicken with the Cajun spice and arrange in a single layer in a roasting tin.
- ☐ Bake for 20 mins until the chicken is cooked. Set aside.
- ☐ Meanwhile, cook the quinoa in the chicken stock for 15 mins until tender, adding the apricots and lentils for the final 5 mins.
- ☐ Drain and place into a large bowl with the chicken, toss together.
- ☐ While the quinoa is cooking, heat the oil in a large frying pan and soften the onions for 10–15 mins. Toss the onions into the quinoa with the coriander and some seasoning, then mix well.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:5.9, Inflammation Score:-9, Nutrition Score:33.906956268393%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 525.25kcal (26.26%), Fat: 13.12g (20.19%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 38.35g (13.95%), Sugar: 18.42g (20.47%), Cholesterol: 149.2mg (49.73%), Sodium: 488.82mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.22g (114.45%), Vitamin B3: 27.29mg (136.46%), Selenium: 78.78µg (112.54%), Vitamin B6: 2.05mg (102.6%), Phosphorus: 672.15mg (67.22%), Potassium: 1572.8mg (44.94%), Vitamin A: 2010.06IU (40.2%), Vitamin B5: 3.67mg (36.69%), Manganese: 0.72mg (35.85%), Magnesium: 132.34mg (33.09%), Vitamin B2: 0.5mg (29.24%), Vitamin K: 23.84µg (22.71%), Vitamin B1: 0.33mg (21.81%), Vitamin E: 3.26mg (21.73%), Fiber: 5.35g (21.42%), Copper: 0.42mg (20.97%), Folate: 81.51µg (20.38%), Iron: 3.59mg (19.95%), Zinc: 2.6mg (17.31%), Vitamin C: 9.03mg (10.94%), Vitamin B12: 0.45µg (7.53%), Calcium: 63.68mg (6.37%), Vitamin D: 0.23µg (1.51%)