



 **100%**
HEALTH SCORE

Spicy Chicken Breast/Roast With Stir Fried Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 200 g asparagus thin
- 200 g bean sprouts
- 1 large savory vegetable with a vegetable peeler sliced into thin strips
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- 0.5 teaspoon chicken soup base instant
- 4 roasting chickens
- 3 teaspoons curry powder

- 1 tablespoon sherry dry
- 1 teaspoon ginger fresh grated
- 1 teaspoon garam masala
- 1 garlic clove crushed
- 4 garlic clove crushed
- 2.5 tablespoons honey (depending on the size of breasts)
- 2.5 tablespoons juice of lemon
- 1 onion sliced
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 small bell pepper red sliced
- 2 teaspoons sesame seed
- 100 g snow peas trimmed
- 1 tablespoon soya sauce
- 2 teaspoons soya sauce
- 2 teaspoons sugar
- 3 tablespoons water
- 1 small bell pepper yellow thinly sliced

Equipment

- oven
- wire rack
- wok

Directions

- Coat chicken breasts all over with spice mixture, cook, until browned on both sides and cooked through. Just before cooking is complete pour honey on both sides of breast and cook a few minutes each side to caramelize. Slice chicken thickly serve atop vegetables and sprinkle with sesame seeds. If doing a whole chicken. Rub spice mixture all over chicken, place chicken on wire rack in roasting dish.
- Bake at 180C for 45–50 minutes. Warm honey and brush over chicken, cook, 15 Min's longer.

- Sprinkle chicken with sesame seeds 5 Min's before cooking is completed.
- Cut chicken into pieces and serve. Vegetables. In a wok heat the peanut oil add red, yellow peppers and onion stir fry a couple of minutes, stirring.
- Add garlic, ginger, sherry, soy, water, stock and sugar stir to combine, add remaining veg and cook, stirring, until vegetables are just tender, serve immediately.

Nutrition Facts

PROTEIN 30.84%

FAT 62.57%

CARBS 6.59%

Properties

Glycemic Index:115.84, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:61.05260848999%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg

Nutrients (% of daily need)

Calories: 1790.49kcal (89.52%), Fat: 122.73g (188.82%), Saturated Fat: 34.47g (215.42%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 24.52g (8.92%), Sugar: 19.25g (21.39%), Cholesterol: 656.71mg (218.9%), Sodium: 1016.28mg (44.19%), Alcohol: 0.39g (100%), Protein: 136.12g (272.23%), Vitamin B3: 50.93mg (254.65%), Vitamin A: 7755.19IU (155.1%), Vitamin B6: 2.79mg (139.42%), Phosphorus: 1373.22mg (137.32%), Selenium: 91.81µg (131.16%), Vitamin C: 107.5mg (130.31%), Vitamin B12: 7.56µg (126%), Vitamin B2: 1.52mg (89.25%), Vitamin B5: 8.5mg (84.96%), Iron: 13.65mg (75.81%), Folate: 291.27µg (72.82%), Zinc: 10.7mg (71.32%), Potassium: 1922.38mg (54.93%), Magnesium: 188.82mg (47.2%), Vitamin K: 46.17µg (43.97%), Vitamin B1: 0.66mg (43.76%), Copper: 0.77mg (38.62%), Manganese: 0.73mg (36.29%), Fiber: 4.56g (18.22%), Calcium: 143.19mg (14.32%), Vitamin E: 1.91mg (12.74%)