



Spicy chicken with mango salad

READY IN



25 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast boneless skinless
- ☐ 4 servings olive oil
- ☐ 1 tbsp garam masala
- ☐ 1 large mangos ripe
- ☐ 0.5 cucumber
- ☐ 0.5 small onion red
- ☐ 1 handful cilantro leaves fresh
- ☐ 4 tbsp yogurt
- ☐ 0.5 lime zest grated

☐ 4 servings naan breads

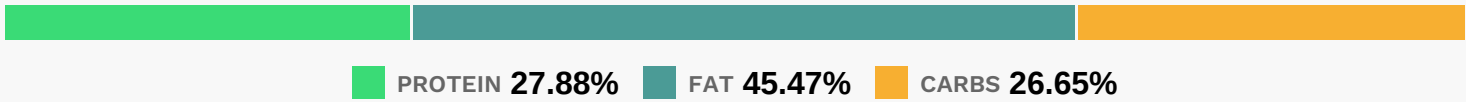
Equipment

☐ frying pan

Directions

- ☐ Heat a griddle or frying pan until hot. Rub the chicken with oil, garam masala and a good pinch of salt. Cook for 6 minutes on each side or until slightly charred and cooked through.
- ☐ Peel and slice the mango into slim wedges. Halve the cucumber lengthways and slice thickly at an angle. Thinly slice the onion. Toss the salad ingredients together with the coriander and pile onto plates.
- ☐ Mix the soured cream or yogurt with the lime zest and juice, season and dollop beside the salad.
- ☐ Cut the chicken in half or into thirds diagonally, arrange next to the salad and serve with naan bread.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:4.34, Inflammation Score:-7, Nutrition Score:16.853043312612%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 406.99kcal (20.35%), Fat: 20.47g (31.49%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 24.68g (8.97%), Sugar: 10.26g (11.4%), Cholesterol: 77.4mg (25.8%), Sodium: 355.56mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.47%), Vitamin B3: 12.2mg (61.02%), Selenium: 37.06µg (52.94%), Vitamin B6: 0.96mg (47.75%), Vitamin C: 25.22mg (30.57%), Phosphorus: 277.39mg (27.74%), Vitamin B5: 1.92mg (19.21%), Vitamin E: 2.77mg (18.44%), Potassium: 621.01mg (17.74%), Vitamin K: 16.77µg (15.97%), Vitamin A: 712.58IU (14.25%), Magnesium: 43.59mg (10.9%), Vitamin B2: 0.18mg (10.44%), Folate: 37.33µg (9.33%), Fiber: 2.31g (9.23%), Vitamin B1: 0.11mg (7.58%), Calcium: 67.21mg (6.72%), Copper: 0.13mg (6.47%), Zinc: 0.92mg (6.14%), Manganese: 0.1mg (5.02%), Vitamin B12: 0.3µg (5%), Iron: 0.77mg (4.27%)