



Steamed Chicken with Red Dates and Goji Berries



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 550 g chicken pieces bone-in
- ☐ 25 g dates - into half split red (18) (weighed without seeds)
- ☐ 2 Tbs goji berries
- ☐ 1 tsp soya sauce light
- ☐ 3 dashes pepper powder white
- ☐ 0.3 tsp salt
- ☐ 1 tsp sesame oil

☐ 1 Tbs rice wine

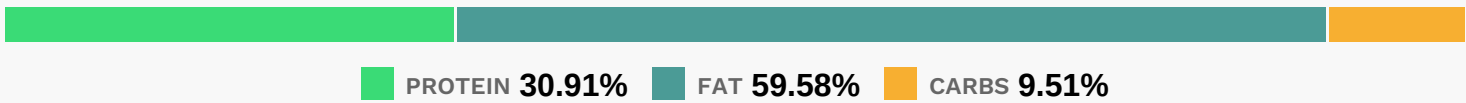
Equipment

☐ bowl

Directions

☐ Mix chicken, half and red dates and goji berries, and marinade ingredients in a steaming bowl. Cover and leave to marinade for at least 1 hr.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:13.702173854994%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 473.48kcal (23.67%), Fat: 30.5g (46.92%), Saturated Fat: 8.39g (52.46%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.53g (3.47%), Sugar: 7.98g (8.86%), Cholesterol: 140.25mg (46.75%), Sodium: 589.64mg (25.64%), Alcohol: 1.21g (100%), Alcohol %: 0.68% (100%), Protein: 35.6g (71.19%), Vitamin B3: 13mg (64.99%), Selenium: 27.48µg (39.26%), Vitamin B6: 0.68mg (34.13%), Phosphorus: 289.63mg (28.96%), Vitamin B5: 1.79mg (17.87%), Zinc: 2.52mg (16.79%), Vitamin B2: 0.24mg (14.06%), Potassium: 444.82mg (12.71%), Iron: 2.11mg (11.7%), Magnesium: 45.78mg (11.45%), Vitamin B12: 0.58µg (9.66%), Vitamin B1: 0.12mg (8.05%), Manganese: 0.15mg (7.42%), Copper: 0.13mg (6.71%), Fiber: 1.42g (5.67%), Vitamin A: 263.05IU (5.26%), Vitamin C: 3.36mg (4.07%), Vitamin E: 0.6mg (3.99%), Folate: 14.28µg (3.57%), Vitamin K: 3.45µg (3.28%), Calcium: 30.58mg (3.06%), Vitamin D: 0.37µg (2.49%)