



Sticky chicken with mango couscous

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large mangos
- ☐ 4 spring onion sliced
- ☐ 1 tsp ground cumin
- ☐ 3 tbsp citrus champagne vinegar
- ☐ 250 g couscous
- ☐ 3 tbsp marmalade thick-cut
- ☐ 4 tsp grainy mustard
- ☐ 4 chicken breasts sliced into 3-4 strips

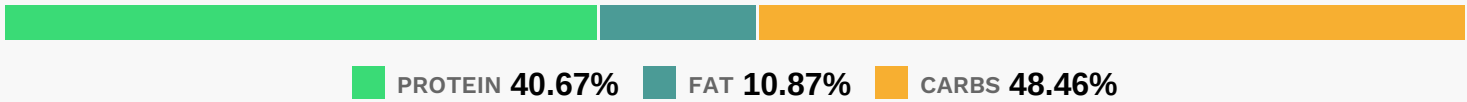
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat the grill to high. Peel and dice the mango, toss with most of the spring onions, and the cumin and rice vinegar, then set aside.
- ☐ Put the couscous in a large heatproof bowl, pour over 400ml boiling water, then cover with cling film and set aside.
- ☐ Mix together the marmalade and mustard.
- ☐ Lay the chicken strips in a roasting tin, then brush over half of the marmalade glaze. Grill for 4–5 mins, then turn the chicken over and brush with the remaining glaze. Grill for a further 4–5 mins until the chicken is cooked through and the glaze is bubbling. The couscous should then be ready. Stir in the mango mixture and serve with the hot chicken strips and the remaining spring onions sprinkled over.

Nutrition Facts



Properties

Glycemic Index:60.19, Glycemic Load:38.81, Inflammation Score:-7, Nutrition Score:29.782608498698%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 576.28kcal (28.81%), Fat: 6.76g (10.41%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 67.89g (22.63%), Net Carbohydrates: 63.19g (22.98%), Sugar: 14.73g (16.36%), Cholesterol: 144.64mg (48.21%), Sodium: 332.38mg

(14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.96g (113.92%), Vitamin B3: 26.22mg (131.09%), Selenium: 74.73µg (106.76%), Vitamin B6: 1.84mg (91.95%), Phosphorus: 604.17mg (60.42%), Vitamin B5: 4.13mg (41.26%), Potassium: 1092.36mg (31.21%), Manganese: 0.62mg (31.09%), Vitamin C: 25.24mg (30.59%), Vitamin K: 27.57µg (26.25%), Magnesium: 99.11mg (24.78%), Vitamin B2: 0.32mg (18.84%), Vitamin B1: 0.28mg (18.84%), Fiber: 4.7g (18.79%), Copper: 0.31mg (15.35%), Vitamin A: 757.28IU (15.15%), Folate: 53.52µg (13.38%), Zinc: 1.99mg (13.28%), Iron: 2.31mg (12.81%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.01mg (6.76%), Calcium: 52.11mg (5.21%), Vitamin D: 0.23µg (1.51%)