



Sticky citrus chicken with carrots & cashews



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips.
- ☐ 300 g baby carrots
- ☐ 2 onion thick cut into round slices
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 50 g roasted cashews
- ☐ 1 small coriander leaves
- ☐ 4 servings jasmine rice boiled
- ☐ 100 g clear honey

- ☐ 4 tbsp chilli sauce hot
- ☐ 1 lime zest (2 limes)
- ☐ 0.5 orange zest
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp tomato purée
- ☐ 2 balls ginger finely chopped

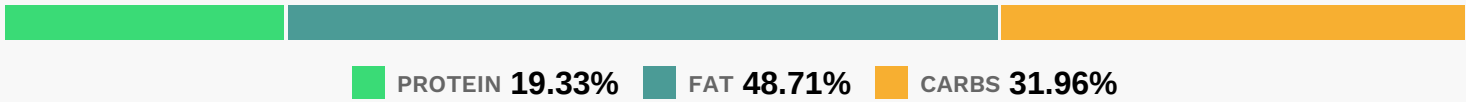
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the chicken thighs, carrots, onions and oil in a big, shallow roasting tin with some seasoning. Roast for 30 mins.
- ☐ Meanwhile, whisk together the glaze ingredients.
- ☐ Drizzle all over the chicken and veg, then roast for another 15 mins.
- ☐ Scatter over the cashews, mix everything together well, then roast for a further 15 mins until the chicken is browned, tender and sticky. Scatter over some coriander and serve with the boiled rice.

Nutrition Facts



Properties

Glycemic Index:71.32, Glycemic Load:36.21, Inflammation Score:-10, Nutrition Score:29.968695713126%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 869.37kcal (43.47%), Fat: 47.37g (72.88%), Saturated Fat: 11.72g (73.24%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 65.24g (23.72%), Sugar: 35.72g (39.69%), Cholesterol: 221.48mg (73.83%), Sodium: 410.68mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.61%), Vitamin A: 10569.58IU (211.39%), Selenium: 51µg (72.86%), Vitamin B3: 11.63mg (58.17%), Vitamin B6: 1.05mg (52.43%), Phosphorus: 496.7mg (49.67%), Manganese: 0.74mg (37.18%), Vitamin B5: 3.2mg (32.04%), Copper: 0.58mg (29.11%), Zinc: 4.24mg (28.26%), Magnesium: 102.66mg (25.67%), Potassium: 883.76mg (25.25%), Vitamin B12: 1.45µg (24.11%), Vitamin B2: 0.4mg (23.34%), Iron: 3.6mg (20.02%), Vitamin K: 20.18µg (19.22%), Fiber: 4.69g (18.77%), Vitamin C: 14.93mg (18.09%), Vitamin B1: 0.27mg (17.79%), Vitamin E: 2.19mg (14.62%), Folate: 51.94µg (12.99%), Calcium: 81.84mg (8.18%), Vitamin D: 0.23µg (1.51%)