



Tamborine chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless
- ☐ 1 tsp peppercorn black
- ☐ 3 cm root ginger chunk
- ☐ 1 tbsp soya sauce
- ☐ 1 lime zest

Equipment

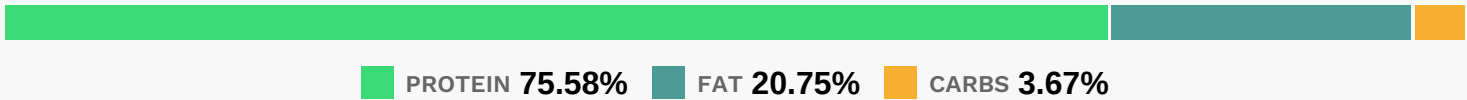
- ☐ grill
- ☐ aluminum foil

☐ mortar and pestle

Directions

- ☐ Slash each chicken breast 3 times and put in a shallow dish. Crush the peppercorns coarsely in a mortar. Finely grate the ginger, crush the garlic and mix with the soy sauce, peppercorns, and lime zest and juice.
- ☐ Mix well, then pour over the chicken and leave to marinate for at least 10 mins, or up to 24 hrs.
- ☐ Line a grill rack with foil and brush lightly with oil.
- ☐ Lay the chicken on the foil, then curl the edges of the foil up slightly to catch the juices. Grill under moderate heat for 6–8 mins, then turn the chicken over and cook for a further 6–8 mins until cooked. If you are cooking this on the barbecue, cook for the same timings but make sure the coals are not too fierce.
- ☐ Transfer to a serving dish, then carefully pour over any remaining cooking juices.
- ☐ Serve with wedges of lime for squeezing over.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:21.349565257197%

Flavonoids

Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 268.65kcal (13.43%), Fat: 5.94g (9.14%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.25g (0.28%), Cholesterol: 144.64mg (48.21%), Sodium: 514.52mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.39%), Vitamin B3: 23.81mg (119.05%), Selenium: 72.46µg (103.52%), Vitamin B6: 1.72mg (85.76%), Phosphorus: 484.78mg (48.48%), Vitamin B5: 3.27mg (32.73%), Potassium: 886.74mg (25.34%), Magnesium: 64.97mg (16.24%), Vitamin B2: 0.24mg (13.97%), Manganese: 0.21mg (10.45%), Vitamin B1: 0.15mg (10.08%), Zinc: 1.37mg (9.11%), Vitamin B12: 0.45µg (7.53%), Iron: 1.11mg (6.16%), Vitamin C: 4.28mg (5.19%), Copper: 0.1mg (4.83%), Vitamin E: 0.46mg (3.1%), Folate: 10.97µg (2.74%), Vitamin K: 2.28µg (2.18%), Fiber: 0.55g (2.18%), Calcium: 19.4mg (1.94%), Vitamin A: 76.07IU (1.52%), Vitamin D: 0.23µg (1.51%)