



Turbo Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup flour
- 5 servings sauce of the chicken from the turbo broiler
- 3 pounds chicken
- 5 servings gravy
- 5 servings bell pepper to taste
- 5 servings bell pepper to taste
- 5 servings salt
- 0.3 cup soya sauce

- 1 chicken whole
- 9 pieces frangelico (Calamondin)
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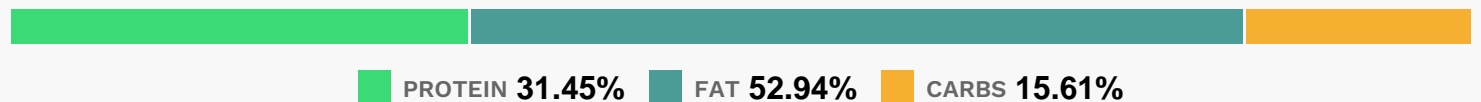
Equipment

- frying pan
- baking pan
- broiler

Directions

- Give the chicken a good rubdown with it, taking care to massage it inside and out. Marinade the Chicken with Soy sauce, salt and Calamondin for 10–20 minutes each side.
- Place a small baking pan at the bottom of the turbo broiler, this will be used to catch the drippings (don't throw this after the chicken is cooked! You can use it to make gravy, or see the explanation below).
- Place the chicken in a turbo broiler with the temperature of 250 degrees for 30 minutes. Turn over the chicken and cook it for another 10 minutes. It should be nicely crisp and golden brown after 40 minutes. Gravy
- Sauce from the chicken, place it in a small pan (low fire)
- Put the dissolve flour (using water) Stir continuously until it's mixed well
- Add salt, pepper and calamondin to taste.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:15.76, Inflammation Score:-9, Nutrition Score:36.097826086957%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Taste

Sweetness: 13.63%, Saltiness: 100%, Sourness: 13.33%, Bitterness: 16.49%, Savoriness: 69.81%, Fattiness: 55.81%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 745.54kcal (37.28%), Fat: 43.34g (66.67%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 24.86g (9.04%), Sugar: 6.54g (7.27%), Cholesterol: 212.32mg (70.77%), Sodium: 1081.56mg (47.02%), Protein: 57.93g (115.86%), Vitamin C: 195.25mg (236.66%), Vitamin B3: 22.64mg (113.19%), Vitamin A: 5061.37IU (101.23%), Vitamin B6: 1.46mg (72.91%), Selenium: 49.47µg (70.67%), Phosphorus: 496.81mg (49.68%), Vitamin B2: 0.61mg (35.73%), Folate: 133.36µg (33.34%), Vitamin B5: 3.2mg (32.01%), Vitamin B1: 0.45mg (30.22%), Zinc: 4.31mg (28.7%), Potassium: 900.62mg (25.73%), Iron: 4.63mg (25.7%), Manganese: 0.45mg (22.48%), Vitamin E: 3.22mg (21.45%), Magnesium: 84.62mg (21.16%), Fiber: 3.9g (15.59%), Vitamin B12: 0.88µg (14.62%), Vitamin K: 11.62µg (11.07%), Copper: 0.21mg (10.65%), Calcium: 47.75mg (4.77%), Vitamin D: 0.57µg (3.77%)