



Warm lemon & thyme chicken salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast boneless skinless cut into strips
- ☐ 1 juice of lemon
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 3 tbsp cooking oil
- ☐ 150 g the salad mixed
- ☐ 1 small onion red halved thinly sliced
- ☐ 1 tablespoon garlic clove crushed
- ☐ 1 handful olives black pitted halved

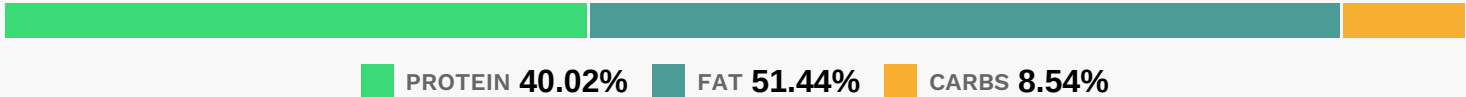
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the chicken pieces into a bowl, add the lemon zest, thyme, plenty of black pepper and salt to taste, then mix well with your hands.
- ☐ Heat 1 tbsp oil in a pan then fry the chicken for 8–10 mins, until golden and cooked through. Meanwhile, spread the leaves and onion over a large platter or in a big salad bowl.
- ☐ Add the garlic paste and olives to the pan, then fry for 1 min more. Spoon the chicken and olives onto the leaves. Take the pan off the heat then add the rest of the oil and lemon juice. Stir together well, scraping off any bits from the bottom of the pan. Check the seasoning, then pour over the chicken and salad.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:14.639999773191%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 251.28kcal (12.56%), Fat: 14.29g (21.98%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.4g (1.56%), Cholesterol: 72.32mg (24.11%), Sodium: 220.41mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.02%), Vitamin B3: 12.07mg (60.35%), Selenium:

36.78µg (52.55%), Vitamin B6: 0.94mg (47.09%), Phosphorus: 264.55mg (26.46%), Vitamin C: 16.82mg (20.39%), Vitamin B5: 1.72mg (17.15%), Potassium: 545.16mg (15.58%), Vitamin E: 2.26mg (15.07%), Vitamin A: 516.36IU (10.33%), Magnesium: 38.96mg (9.74%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.15mg (7.74%), Vitamin K: 7.93µg (7.55%), Vitamin B1: 0.1mg (6.9%), Folate: 25.67µg (6.42%), Zinc: 0.82mg (5.49%), Iron: 0.91mg (5.04%), Copper: 0.08mg (3.87%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.8g (3.21%), Calcium: 26.56mg (2.66%)