



Zesty Seared Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar packed
- 4 skinned and boned chicken breast halves
- 4 servings couscous hot cooked
- 1 teaspoon ginger fresh grated
- 2 garlic cloves minced
- 4 servings garnish: green onions chopped
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground cumin

- 0.3 cup juice of lemon
- 0.5 teaspoon pepper
- 0.3 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 0.3 cup soya sauce
- 2 tablespoons vegetable oil

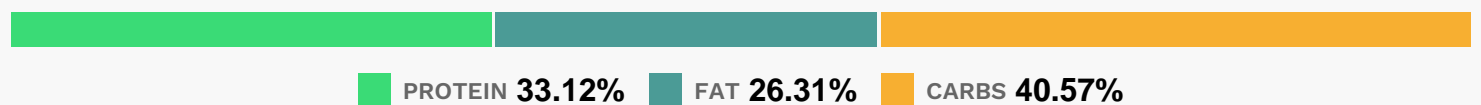
Equipment

- frying pan
- ziploc bags

Directions

- Combine first 10 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add chicken. Cover or seal, and chill 30 minutes, turning chicken occasionally.
- Remove chicken from marinade, discarding marinade.
- Cook chicken in hot oil in a large skillet over high heat 4 minutes. Reduce heat to medium-low; turn, and cook 10 minutes or until done.
- Serve with hot cooked couscous.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:17.512608673262%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 351.74kcal (17.59%), Fat: 10.25g (15.77%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 33.61g (12.22%), Sugar: 14.24g (15.82%), Cholesterol: 72.32mg (24.11%), Sodium: 1244.56mg (54.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Selenium: 58.57µg (83.67%), Vitamin B3: 13.27mg (66.36%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 287.45mg (28.75%), Vitamin K: 25.84µg (24.61%), Vitamin B5: 2.01mg (20.13%), Potassium: 581.75mg (16.62%), Manganese: 0.28mg (13.79%), Magnesium: 51.24mg (12.81%), Vitamin C: 9.09mg (11.02%), Iron: 1.96mg (10.88%), Vitamin B2: 0.17mg (10.08%), Vitamin B1: 0.15mg (9.83%), Fiber: 1.96g (7.83%), Zinc: 1.06mg (7.04%), Vitamin E: 1.01mg (6.71%), Folate: 26.18µg (6.55%), Copper: 0.12mg (6.02%), Calcium: 48.27mg (4.83%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 142.73IU (2.85%)