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## Malt Vinegar Recipe ♦♦

A recipe using malt vinegar as a seasonal ingredient. This recipe has a rich history and is commonly consumed as a condiment or ingredient in various dishes.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>100 ml</b>	malt vinegar
<b>500 g</b>	chicken breast
<b>500 g</b>	potatoes
<b>30 ml</b>	olive oil
<b>5 g</b>	salt

# Directions

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## Step 1

### Preheating

Preheat the oven to 200°C.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Cut the chicken breast into small pieces and season with salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Cutting

Cut the potatoes into wedges and toss with olive oil and salt.

**Prep Time:** 5 mins

**Cook Time:** 25 mins

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## Step 4

Oven

Place the chicken and potatoes on a baking sheet and roast in the oven for 25 minutes.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 5

Serving

Serve the roasted chicken and potatoes with malt vinegar on the side.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Winter

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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