

# Portuguese Chicken (Low FODMAP)

*Mouth-watering flavors have their place in a low-FODMAP diet. Indulge your taste buds with Portuguese chicken. For a complete meal without FODMAPs, accompany it with wild rice and our low-FODMAP side dishes such as our [Korean-style bean sprouts](#) or our [oven-roasted Cajun root vegetables](#).*

Preparation 10 min

Cooking 35 min

Waiting 30 min

Servings 6



Nutrition Facts (per serving)

Calories 215 kcal

Fat 7.5 g

Carbohydrates 2 g

Fibre 0 g

Protein 35 g

Sodium 200 mg



Gabrielle Simard

Culinary Creator