



WHATSheATE



Almond Crusted Chicken with Tomato Citrus Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ghee
- ☐ 0.1 teaspoon curry powder
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup rosemary fresh chopped
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 cup ground almonds
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.1 teaspoon ground turmeric
- ☐ 0.3 cup olive oil
- ☐ 1 cup orange wedges diced
- ☐ 2 cups roma tomatoes diced (plum)
- ☐ 0.1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless

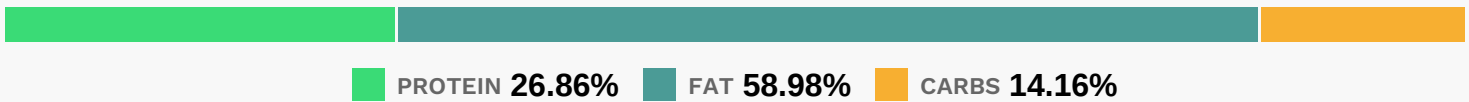
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1/4 cup olive oil in a large saucepan over medium heat.
- ☐ Saute garlic for 2 minutes, then add the tomato, orange, rosemary, thyme, salt and pepper and stir together. Cover and cook over medium heat for 15 minutes; remove cover and let sauce reduce for an additional 15 minutes. Set aside and keep warm.
- ☐ To Make Crusted Chicken: In a shallow dish or bowl, mix together the almonds, flour, cumin, curry powder, turmeric, 1/8 teaspoon salt and 1/8 teaspoon pepper. Coat breasts in flour mixture and fry in a large skillet with 1/4 cup oil and clarified butter for about 5 to 7 minutes each side, or until golden brown and cooked through (juices run clear).
- ☐ When ready to serve, place chicken on a platter and top with warm sauce; do this right before serving, to retain crispiness of the chicken.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:18.211739021799%

Flavonoids

Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 5.41mg, Naringenin: 5.41mg, Naringenin: 5.41mg, Naringenin: 5.41mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 432.2kcal (21.61%), Fat: 29g (44.61%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.39g (4.14%), Sugar: 5.56g (6.18%), Cholesterol: 91.52mg (30.51%), Sodium: 184.65mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin B3: 12.7mg (63.52%), Selenium: 38.23µg (54.62%), Vitamin B6: 0.95mg (47.7%), Vitamin C: 31.7mg (38.42%), Phosphorus: 270.84mg (27.08%), Potassium: 690.91mg (19.74%), Vitamin B5: 1.8mg (18.02%), Vitamin A: 881.56IU (17.63%), Fiber: 4.27g (17.06%), Vitamin E: 2.01mg (13.38%), Iron: 2.14mg (11.89%), Magnesium: 46.89mg (11.72%), Vitamin B1: 0.17mg (11.48%), Vitamin K: 12.02µg (11.45%), Manganese: 0.22mg (11.08%), Vitamin B2: 0.18mg (10.46%), Folate: 37.07µg (9.27%), Calcium: 79.46mg (7.95%), Zinc: 0.91mg (6.06%), Copper: 0.12mg (5.82%), Vitamin B12: 0.23µg (3.77%)