



 **22%**
HEALTH SCORE

Barbecue Chicken Cauliflower Couscous Bows

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds salted sliced
- 0.5 cup barbecue sauce
- 1 small head cauliflower cut into florets
- 2 tablespoons cilantro leaves chopped
- 4 cloves garlic finely minced
- 1 teaspoon garlic powder
- 2 tablespoons olive oil

- 0.3 cup orange juice
- 0.3 cup pecorino cheese
- 4 servings salt and pepper black
- 2 chicken breast boneless skinless
- 2 tablespoons soya sauce
- 4 cups swiss chard stemmed chopped
- 2 tablespoons butter unsalted
- 1 small onion diced yellow

Equipment

- food processor
- bowl
- frying pan
- whisk
- grill
- grill pan

Directions

- In a shallow dish, whisk together the barbecue sauce, orange juice and soy sauce.
- Add the chicken breasts and toss to fully coat. Set aside to marinate while you prepare the rest of your ingredients.
- Add the cauliflower florets to the bowl of your food processor. Pulse 5–6 times or until the cauliflower takes on the texture of couscous. Set aside.
- Heat the butter in a large saut pan over medium heat.
- Add the onion and cook until tender, about 5–6 minutes.
- Add the cauliflower, garlic powder and salt and black pepper to taste. Stir to combine. Cook for an additional 5 minutes.
- Remove from heat and stir in the cheese and cilantro. Cover and set aside until you are ready to serve. Preheat your grill or grill pan over medium to medium-high heat. Grease the grill and then add the chicken. Cook, brushing occasionally with additional marinade, until cooked

through, about 10–12 minutes. Flip the chicken about halfway through cooking time.

- Remove from heat and set aside to rest while you prepare your Swiss chard.
- Heat the olive oil in a saut pan over medium heat.
- Add the garlic and cook for 1 minutes, until fragrant.
- Add the Swiss chard and cook, stirring frequently, until wilted and warm. Season with salt and black pepper. Assemble your bowls, by layering sliced chicken breast and Swiss chard over a bed of cauliflower couscous.
- Sprinkle with almonds and enjoy immediately!

Nutrition Facts



PROTEIN 20.74% **FAT 50.89%** **CARBS 28.37%**

Properties

Glycemic Index:65.5, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:26.44%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 380.84kcal (19.04%), Fat: 22.14g (34.05%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 23.56g (8.57%), Sugar: 16.76g (18.62%), Cholesterol: 57.71mg (19.24%), Sodium: 1304.83mg (56.73%), Protein: 20.3g (40.59%), Vitamin K: 315.43µg (300.41%), Vitamin C: 56.25mg (68.18%), Vitamin A: 2555.22IU (51.1%), Vitamin B3: 7.5mg (37.49%), Vitamin B6: 0.73mg (36.3%), Vitamin E: 5.28mg (35.2%), Manganese: 0.68mg (34.08%), Selenium: 21.5µg (30.72%), Phosphorus: 304.08mg (30.41%), Magnesium: 101.2mg (25.3%), Potassium: 825.96mg (23.6%), Vitamin B2: 0.33mg (19.68%), Fiber: 4.21g (16.83%), Calcium: 161.12mg (16.11%), Folate: 63.2µg (15.8%), Vitamin B5: 1.57mg (15.75%), Copper: 0.29mg (14.72%), Iron: 2.27mg (12.61%), Vitamin B1: 0.16mg (10.63%), Zinc: 1.36mg (9.07%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.19µg (1.29%)