



Broccoli, Chicken, and Almond Sauté



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chicken breasts boneless skinless
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil extra virgin
- ☐ 1 pound broccoli florets
- ☐ 0.3 teaspoon chile flakes to taste (more)
- ☐ 0.3 cup almonds toasted roughly chopped
- ☐ 1 teaspoon sesame oil dark
- ☐ 4 servings pepper black freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ grill pan

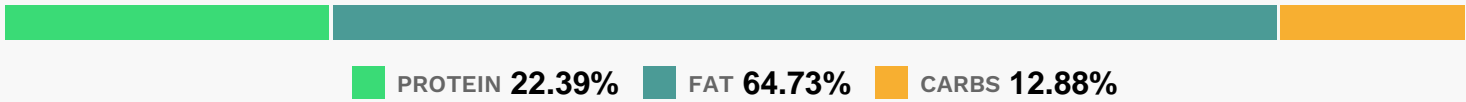
Directions

- ☐ Put salted water on to boil: Put a 2 quart pot of salted water (about 1 Tbsp of salt) on to boil. While the water is heating, start the chicken cooking in the next step.
- ☐ Place the chicken breasts in a bowl and sprinkle seasoning on all sides. Use at a minimum some salt. Or if you have a favorite spice rub, you can use that too.
- ☐ Heat a grill pan, or prepare a grill, for high, direct heat. (If you don't have a grill pan or grill, use a cast iron skillet, and only season the chicken with salt.)
- ☐ Rub some olive oil all over the chicken breasts. Grill the breasts for a few minutes on each side to get some nice char marks, then lower the temperature to low and leave on the grill until the breasts are just almost cooked through.
- ☐ They'll cook a little longer in the sauté pan, so they can still be a little pink in the middle at this point.
- ☐ Remove from pan or grill, set aside for a minute, then thinly slice.
- ☐ Blanch broccoli florets: Once the chicken has cooked and the water is boiling, add the broccoli florets to the salted boiling water. Allow the water to come back to a boil, and once boiling again, let cook for about 1 minute.
- ☐ Drain.
- ☐ Heat a tablespoon of olive oil in a large sauté pan on high heat.
- ☐ Add the red chili flakes. Once the red chili flakes are sizzling, add the broccoli florets, sliced grilled chicken, and toasted almonds.
- ☐ Drizzle dark sesame oil over the broccoli and chicken, sprinkle with salt and freshly ground black pepper to taste. Toss and cook until all of the chicken pieces are no longer at all pink in the center, a minute or two.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:24.437826073688%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 305.39kcal (15.27%), Fat: 22.86g (35.16%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.46g (2.73%), Cholesterol: 36.29mg (12.1%), Sodium: 299.45mg (13.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Vitamin C: 101.83mg (123.43%), Vitamin K: 124.64µg (118.7%), Vitamin E: 6.12mg (40.81%), Vitamin B3: 7.09mg (35.43%), Vitamin B6: 0.64mg (32.12%), Selenium: 21.5µg (30.71%), Manganese: 0.53mg (26.72%), Phosphorus: 251.76mg (25.18%), Folate: 79µg (19.75%), Vitamin B2: 0.33mg (19.21%), Potassium: 659.42mg (18.84%), Fiber: 4.51g (18.03%), Magnesium: 71.09mg (17.77%), Vitamin A: 761.21IU (15.22%), Vitamin B5: 1.52mg (15.16%), Copper: 0.2mg (9.82%), Vitamin B1: 0.14mg (9.44%), Calcium: 89.3mg (8.93%), Iron: 1.59mg (8.84%), Zinc: 1.17mg (7.82%), Vitamin B12: 0.11µg (1.89%)