



 **23%**  
HEALTH SCORE

## Chicken and Asparagus Bundles

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**202 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound asparagus fresh trimmed
- 1 cup chicken broth
- 2 teaspoons cornstarch
- 0.5 teaspoon basil dried
- 0.3 teaspoon thyme dried
- 0.3 cup spring onion chopped
- 2 teaspoons juice of lemon
- 4.5 teaspoons olive oil

- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 16 ounces chicken breast halves boneless skinless

## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- toothpicks
- aluminum foil

## Directions

- Flatten chicken breasts to 1/2-inch. Wrap each around five asparagus spears; secure with toothpicks.
- Place in a 13-in. x 9-in. baking dish coated with cooking spray.
- Combine the oil, lemon juice and seasonings; pour over bundles. Cover asparagus tips with foil.
- Cover and bake at 350° for 15 minutes. Uncover; sprinkle with the onions.
- Bake 12–15 minutes longer or until chicken is no longer pink and asparagus is crisp-tender.
- Remove bundles to a serving platter and keep warm.
- In a small saucepan, combine cornstarch and broth until smooth; stir in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove toothpicks.
- Serve with sauce.

## Nutrition Facts

 PROTEIN 53.29%  FAT 34.17%  CARBS 12.54%

## Properties

Glycemic Index:24, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:21.133913216384%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

## Nutrients (% of daily need)

Calories: 202.4kcal (10.12%), Fat: 7.73g (11.89%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.6g (2.89%), Cholesterol: 73.75mg (24.58%), Sodium: 425.8mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Vitamin B3: 13.11mg (65.55%), Vitamin K: 66.47µg (63.3%), Selenium: 39.21µg (56.02%), Vitamin B6: 0.96mg (47.99%), Phosphorus: 302.76mg (30.28%), Potassium: 684.58mg (19.56%), Vitamin B5: 1.94mg (19.43%), Vitamin A: 958.94IU (19.18%), Vitamin B2: 0.32mg (18.55%), Iron: 3.21mg (17.86%), Folate: 68.58µg (17.15%), Vitamin B1: 0.25mg (16.78%), Vitamin E: 2.23mg (14.84%), Manganese: 0.27mg (13.37%), Copper: 0.26mg (13.24%), Magnesium: 48.62mg (12.15%), Vitamin C: 9.89mg (11.98%), Fiber: 2.66g (10.65%), Zinc: 1.35mg (9.01%), Calcium: 44.53mg (4.45%), Vitamin B12: 0.24µg (3.98%)