



Chicken and Sausage with Blackberry Reduction

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce artichokes frozen thawed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 10 ounce blackberries frozen
- ☐ 2 chicken sausages
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 1 shallots finely chopped

- ☐ 4 chicken breasts boneless skinless
- ☐ 2 medium zucchini cut into ribbons

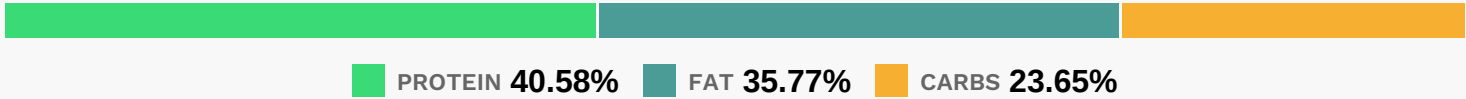
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 teaspoons olive oil in a medium skillet.
- ☐ Sprinkle the chicken breasts with salt and pepper and cook them through, 3 to 4 minutes per side. Set aside and keep warm. In the same skillet, cook the chicken sausage, turning frequently, until they are cooked through, 10 to 12 minutes. Set aside and keep warm.
- ☐ Add the shallots to the skillet and cook until softened.
- ☐ Add the berries and cook until they are thawed and have released all their juices. Strain out the seeds and shallots and return the juice to the skillet.
- ☐ Add the balsamic vinegar and reduce the liquid until it has thickened to the consistency of syrup, about 5 minutes. Set aside and keep warm.
- ☐ Drain the artichokes and pat them dry. In a clean skillet, add 1 tablespoon olive oil over high heat.
- ☐ Add the artichokes and cook until they are browned and crispy, 3 to 4 minutes per side.
- ☐ Drain on paper towels.
- ☐ Wipe out the skillet, put it on medium heat, and add the remaining 2 teaspoons olive oil. Toss in the zucchini strips and season them with salt and pepper. Toss gently and cook them until they are just warmed through and slightly softened, about 2 minutes.
- ☐ To assemble the dish: Put a puddle of the blackberry sauce on one side of the plate.
- ☐ Place a chicken breast on top of it. Slice the sausages and put the slices from half a sausage on top of the chicken breast. Make a nice pile of the zucchini and top that with the crispy artichoke hearts.
- ☐ Drizzle a bit more sauce over the chicken and sausages if you like. Repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:24.948260908541%

Flavonoids

Cyanidin: 70.84mg, Cyanidin: 70.84mg, Cyanidin: 70.84mg, Cyanidin: 70.84mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.27mg, Catechin: 26.27mg, Catechin: 26.27mg, Catechin: 26.27mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Naringenin: 7.97mg, Naringenin: 7.97mg, Naringenin: 7.97mg, Naringenin: 7.97mg Apigenin: 4.77mg, Apigenin: 4.77mg, Apigenin: 4.77mg, Apigenin: 4.77mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 334.57kcal (16.73%), Fat: 13.69g (21.05%), Saturated Fat: 2.56g (16%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 11.95g (4.35%), Sugar: 8.14g (9.05%), Cholesterol: 102.32mg (34.11%), Sodium: 636.13mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.87%), Vitamin B3: 13.37mg (66.83%), Vitamin B6: 1.12mg (56.16%), Selenium: 36.85µg (52.64%), Vitamin C: 42.34mg (51.32%), Manganese: 0.85mg (42.39%), Phosphorus: 352.21mg (35.22%), Fiber: 8.41g (33.62%), Potassium: 1051.43mg (30.04%), Vitamin K: 30.54µg (29.08%), Magnesium: 101.43mg (25.36%), Folate: 91.28µg (22.82%), Vitamin B5: 2.24mg (22.41%), Copper: 0.35mg (17.73%), Vitamin B2: 0.27mg (15.71%), Iron: 2.53mg (14.08%), Vitamin E: 1.86mg (12.42%), Vitamin B1: 0.18mg (12.03%), Zinc: 1.69mg (11.24%), Vitamin A: 540.68IU (10.81%), Calcium: 73.82mg (7.38%), Vitamin B12: 0.23µg (3.77%)