



HEALTH SCORE

76%

Chicken Breast With Shaved Brussels Sprouts



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 broccoli stems
- ☐ 3 cups brussels sprouts thinly sliced (from 12 medium)
- ☐ 2 celery stalks thinly sliced
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 0.3 cup hazelnuts toasted
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan cheese grated
- ☐ 16 ounce chicken breast halves boneless skinless

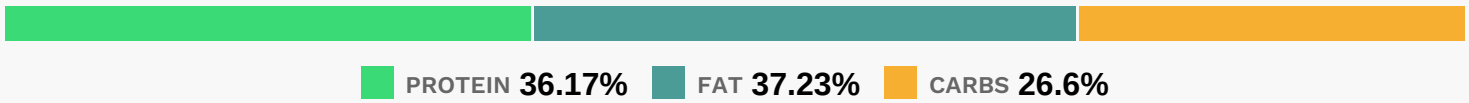
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ Place chicken and 1/2 teaspoon salt in a small saucepan and cover with water; bring to a boil. Immediately remove from heat, cover, and let stand 15 minutes.
- ☐ Drain chicken and run under cold water. Cool completely; set aside. Using 2 forks, shred into bite-size pieces; reserve.
- ☐ Meanwhile, use a vegetable peeler to remove outer layer of broccoli stems; discard. Continue peeling stems into long strips. In a large bowl, whisk together oil, lemon juice, and 1/4 teaspoon each salt and pepper.
- ☐ Add broccoli strips, Brussels sprouts, celery, hazelnuts, parsley, and reserved chicken to bowl with dressing; toss. Divide among 4 shallow bowls. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:44.216087061426%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Kaempferol: 24.46mg, Kaempferol: 24.46mg, Kaempferol: 24.46mg, Kaempferol: 24.46mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 401.37kcal (20.07%), Fat: 17.71g (27.24%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 17.12g (6.22%), Sugar: 7.25g (8.06%), Cholesterol: 77.39mg (25.8%), Sodium: 801.87mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Vitamin K: 494.82µg (471.25%), Vitamin C: 337.05mg (408.55%), Vitamin B6: 1.58mg (79.16%), Vitamin B3: 14.48mg (72.4%), Manganese: 1.37mg (68.42%), Selenium: 46.74µg (66.78%), Folate: 253.23µg (63.31%), Vitamin A: 2808.45IU (56.17%), Phosphorus: 558.71mg (55.87%), Potassium: 1729.99mg (49.43%), Fiber: 11.35g (45.4%), Vitamin B5: 3.69mg (36.94%), Vitamin E: 5.36mg (35.75%), Vitamin B2: 0.57mg (33.33%), Magnesium: 126.62mg (31.65%), Vitamin B1: 0.44mg (29.11%), Calcium: 276.05mg (27.61%), Iron: 4.27mg (23.73%), Copper: 0.37mg (18.33%), Zinc: 2.61mg (17.39%), Vitamin B12: 0.31µg (5.2%)