



Chicken Breasts in a Date, Caper, and Mascarpone Sauce with Couscous

READY IN



55 min.

SERVINGS



2

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup capers drained
- ☐ 1 chicken breast half boneless skinless
- ☐ 0.5 cup couscous
- ☐ 0.3 cucumber diced
- ☐ 1 date pitted chopped
- ☐ 3 dates pitted chopped
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon juice of lemon

- ☐ 0.3 cup mascarpone cheese
- ☐ 1 pinch salt
- ☐ 1 tablespoon butter salted
- ☐ 0.5 tomatoes diced
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ Grill the chicken breast until the meat is no longer pink inside and shows well-defined grill marks, 5 to 8 minutes per side.
- ☐ Cut the chicken breast in half, and set aside.
- ☐ Bring the water, unsalted butter, and a pinch of salt to a boil in a saucepan over high heat.
- ☐ Remove from the heat, and stir in the couscous. Cover and let stand for 10 minutes, then fluff with a fork.
- ☐ Melt the salted butter in a skillet over medium heat, and gently stir in the capers and 3 dates. Stir a few times to heat the capers and dates, then stir in the mascarpone cheese and cream, stirring until the cheese and cream have melted together. Allow the mixture to simmer for about 3 minutes to reduce slightly, then season to taste with salt and pepper.
- ☐ Place the couscous on a serving platter, and sprinkle with a chopped date. Arrange the 2 pieces of chicken breast onto the couscous, and cover with the mascarpone sauce.
- ☐ Sprinkle the dish with diced cucumber and tomato, and drizzle lemon juice over the top to serve.

Nutrition Facts



 **PROTEIN 14.22%**  **FAT 54.07%**  **CARBS 31.71%**

Properties

Glycemic Index:136, Glycemic Load:25.64, Inflammation Score:-8, Nutrition Score:14.931739029677%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg 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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 28.76mg, Kaempferol: 28.76mg, Kaempferol: 28.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 38.06mg, Quercetin: 38.06mg, Quercetin: 38.06mg, Quercetin: 38.06mg

Nutrients (% of daily need)

Calories: 610.22kcal (30.51%), Fat: 36.86g (56.71%), Saturated Fat: 22.35g (139.7%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 44.03g (16.01%), Sugar: 11.23g (12.48%), Cholesterol: 128mg (42.67%), Sodium: 769.79mg (33.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.81g (43.61%), Vitamin B3: 7.95mg (39.73%), Vitamin A: 1512.77IU (30.26%), Selenium: 19.84µg (28.34%), Vitamin B6: 0.55mg (27.73%), Phosphorus: 239.11mg (23.91%), Manganese: 0.46mg (23.15%), Fiber: 4.62g (18.49%), Vitamin B5: 1.64mg (16.43%), Potassium: 539.51mg (15.41%), Copper: 0.29mg (14.59%), Magnesium: 57.95mg (14.49%), Vitamin K: 12.93µg (12.32%), Vitamin B2: 0.21mg (12.13%), Calcium: 100.05mg (10%), Vitamin C: 8.23mg (9.98%), Vitamin B1: 0.15mg (9.88%), Iron: 1.38mg (7.69%), Folate: 30.57µg (7.64%), Vitamin E: 1.09mg (7.24%), Zinc: 1mg (6.7%), Vitamin D: 0.64µg (4.25%), Vitamin B12: 0.18µg (3.07%)