



Chicken Breasts with Charmoula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup lightly flat-leaf parsley leaves packed
- ☐ 2 cloves garlic smashed
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 7 tablespoons olive oil
- ☐ 4 servings orange zest grated

- ☐ 1 tablespoon paprika
- ☐ 0.8 teaspoon salt
- ☐ 4 chicken breasts boneless skinless

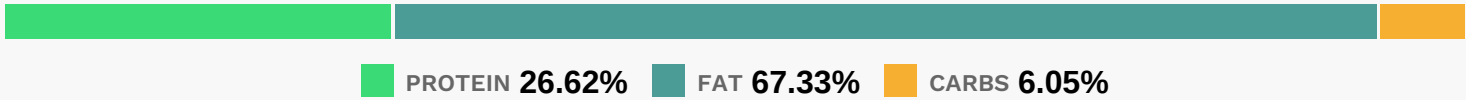
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a small frying pan, toast the 1 tablespoon paprika with the cumin over low heat, stirring, until fragrant, about 30 seconds. Put in a blender and puree with the garlic, cilantro leaves, parsley, 6 tablespoons of the oil, the orange zest, lemon juice, cayenne, 1/2 teaspoon of the salt, and 1/4 teaspoon black pepper. Leave in the blender.
- ☐ Put 1 tablespoon oil in a nonstick frying pan over moderate heat. Season the chicken with 1/4 teaspoon salt, 1/4 teaspoon paprika, and 1/8 teaspoon black pepper. Brown 5 minutes. Turn; cook until just done, 4 to 5 minutes longer. Blend the sauce to re-emulsify; serve over the chicken.
- ☐ Sprinkle with the tomatoes and top with the cilantro sprigs.
- ☐ Wine Recommendation: A white with a bit of sweetness, like an Oregon pinot gris, will play off the spicy sauce nicely.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:20.755652085595%

Flavonoids

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 370.18kcal (18.51%), Fat: 27.88g (42.89%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.45g (0.5%), Cholesterol: 72.32mg (24.11%), Sodium: 573.17mg (24.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Vitamin K: 98.7µg (94%), Vitamin B3: 12.19mg (60.94%), Selenium: 36.66µg (52.37%), Vitamin B6: 0.94mg (46.85%), Vitamin C: 27.85mg (33.75%), Vitamin E: 4.39mg (29.25%), Vitamin A: 1426.94IU (28.54%), Phosphorus: 254.13mg (25.41%), Vitamin B5: 1.75mg (17.53%), Potassium: 538mg (15.37%), Magnesium: 40.66mg (10.17%), Iron: 1.72mg (9.54%), Vitamin B2: 0.16mg (9.17%), Fiber: 2.21g (8.85%), Vitamin B1: 0.11mg (7.02%), Zinc: 0.87mg (5.77%), Manganese: 0.11mg (5.59%), Folate: 18.32µg (4.58%), Calcium: 44.84mg (4.48%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.68%)