



Chicken Breasts with Orzo, Carrots, Dill, and Avgolemono Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots quartered cut into 2-inch lengths
- ☐ 1.3 cups chicken broth low-sodium homemade canned
- ☐ 1 teaspoon optional: dill dried
- ☐ 2 eggs
- ☐ 4 servings salt and fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 1.5 cups orzo pasta
- ☐ 4 chicken breasts boneless skinless ()

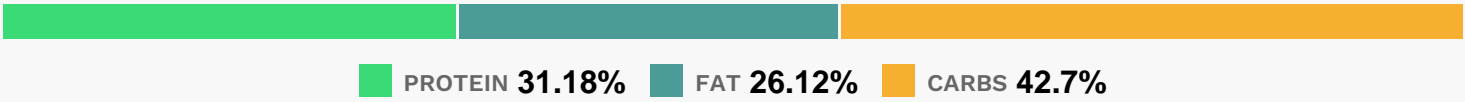
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ In a large stainless-steel frying pan, heat 1 tablespoon of oil over moderate heat. Season the chicken breasts with 1/4 teaspoon salt and 1/8 teaspoon pepper and add to the pan. Cook until browned, about 5 minutes. Turn the chicken; add the broth, dill, and 1 1/4 teaspoons salt. Bring to a simmer, reduce the heat, and simmer, partially covered, until the chicken is just done, about 4 minutes.
- ☐ Remove the chicken and cover lightly with aluminum foil to keep warm. Set aside the pan with the broth.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the orzo for 6 minutes.
- ☐ Add the carrots and continue cooking until the orzo and carrots are just done, about 6 minutes longer.
- ☐ Drain and toss with the remaining 1 tablespoon oil and 1/8 teaspoon each salt and pepper.
- ☐ In a medium glass or stainless-steel bowl, beat the eggs, lemon juice, and 1/8 teaspoon of pepper until frothy. Bring the chicken broth back to a simmer and add to the eggs in a thin stream, whisking.
- ☐ Pour the mixture back into the pan and whisk over the lowest possible heat until the sauce begins to thicken, about 3 minutes. Do not let the sauce come to a simmer, or it may curdle.
- ☐ Put the orzo and carrots on plates and top with the chicken and sauce.
- ☐ Wine Recommendation: Lemon and dill will work best with a full-flavored white wine with decent acidity. Try one from the southern part of Burgundy such as a Mcon or Pouilly-Fuiss (both made from chardonnay grapes).

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:18.83, Inflammation Score:-10, Nutrition Score:26.572608595309%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 470.19kcal (23.51%), Fat: 13.49g (20.75%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 46.02g (16.73%), Sugar: 4.76g (5.29%), Cholesterol: 154.16mg (51.39%), Sodium: 230.66mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.45%), Vitamin A: 10358.98IU (207.18%), Selenium: 78.54µg (112.2%), Vitamin B3: 14.38mg (71.92%), Vitamin B6: 1.06mg (53.16%), Phosphorus: 432.76mg (43.28%), Manganese: 0.65mg (32.48%), Potassium: 849.92mg (24.28%), Vitamin B5: 2.37mg (23.68%), Vitamin B2: 0.31mg (18.05%), Magnesium: 71.64mg (17.91%), Fiber: 3.59g (14.36%), Copper: 0.28mg (13.89%), Zinc: 1.97mg (13.1%), Vitamin E: 1.93mg (12.87%), Vitamin K: 12.78µg (12.17%), Vitamin B1: 0.17mg (11.66%), Iron: 2.05mg (11.38%), Vitamin C: 7.98mg (9.68%), Folate: 38.09µg (9.52%), Vitamin B12: 0.5µg (8.26%), Calcium: 58.29mg (5.83%), Vitamin D: 0.55µg (3.69%)