



Chicken Breasts with Walnuts, Leeks and Candied Lemon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chives minced
- 2 teaspoons optional: dill minced
- 2 leeks white green sliced ()
- 0.3 cup olive oil extra-virgin
- 4 servings pepper freshly ground
- 0.5 simple preserved lemons thinly sliced
- 4 servings salt

- 24 ounce chicken breast halves boneless skinless
- 1 tablespoon sugar
- 1 teaspoon tarragon minced
- 0.5 cup walnuts toasted for garnish
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a skillet, heat 1 tablespoon of the oil.
- Add the leeks and a pinch of salt; cook over moderate heat until softened.
- Add 2 tablespoons of water, cover and cook over low heat for 4 minutes.
- Remove from the heat.
- In a small saucepan, combine the sugar with 1 tablespoon of water and simmer over moderate heat until syrupy, 2 minutes.
- Add the preserved lemon and simmer for 1 minute; add to the leeks and keep warm.
- In a bowl, whisk the vinegar, chives, dill and tarragon with 2 tablespoons of the olive oil. Season with salt and pepper.
- In a skillet, heat the remaining 1 tablespoon of oil. Season the chicken with salt and pepper and add to the skillet. Cook over moderately high heat until golden, 3 minutes. Reduce the heat to moderate and cook for 2 minutes longer. Turn the breasts and cook until just white throughout, 4 minutes.
- Spoon the leeks onto plates. Top with the chicken.
- Drizzle with the vinaigrette, garnish with the walnuts and serve.

Nutrition Facts



■ PROTEIN 34.65% ■ FAT 55.01% ■ CARBS 10.34%

Properties

Glycemic Index:71.02, Glycemic Load:4.23, Inflammation Score:-7, Nutrition Score:24.733478084854%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 451.03kcal (22.55%), Fat: 27.63g (42.51%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 9.82g (3.57%), Sugar: 5.13g (5.7%), Cholesterol: 108.86mg (36.29%), Sodium: 401.58mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.31%), Vitamin B3: 18.13mg (90.67%), Selenium: 55.64µg (79.49%), Vitamin B6: 1.47mg (73.49%), Phosphorus: 426.17mg (42.62%), Manganese: 0.8mg (39.95%), Vitamin K: 31.54µg (30.04%), Vitamin B5: 2.57mg (25.74%), Potassium: 796.13mg (22.75%), Magnesium: 82.35mg (20.59%), Vitamin E: 2.78mg (18.54%), Vitamin A: 853.82IU (17.08%), Copper: 0.34mg (16.95%), Folate: 51.87µg (12.97%), Iron: 2.29mg (12.71%), Vitamin B2: 0.21mg (12.58%), Vitamin B1: 0.19mg (12.49%), Zinc: 1.52mg (10.14%), Vitamin C: 8.34mg (10.11%), Fiber: 1.87g (7.48%), Calcium: 56.76mg (5.68%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)