



Chicken with Almond and Berry Relish

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings almond and raspberry relish
- 0.3 cup california almonds sliced
- 0.5 teaspoon garlic finely minced pressed
- 0.5 teaspoon honey
- 0.5 teaspoon juice of lime
- 2 tablespoons olive oil
- 0.5 pint raspberries divided
- 0.1 teaspoon salt

- 4 servings salt and pepper
- 0.3 cup scallions chopped
- 4 chicken breasts boneless skinless
- 2 tablespoons vegetable oil

Equipment

- bowl
- whisk
- grill
- broiler
- ziploc bags

Directions

- For chicken, season chicken with salt and pepper.
- Place in a large zippered plastic bag with olive oil, and marinate refrigerated for 1-24 hours.
- Preheat grill or broiler, and cook chicken 3-4 minutes each side, or until cooked throughout.
- Sprinkle with lime juice and top with relish.
- For relish, combine about half of raspberries with lime juice, garlic and 1 teaspoon honey in a small bowl, stirring well and mashing up raspberries so that mixture becomes saucy. Taste and add more honey if mixture is too tart.
- Add salt and whisk in vegetable oil. Gently stir in remaining raspberries, keeping them whole. Stir in almonds and scallions just before serving.

Nutrition Facts



Properties

Glycemic Index:40.07, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:29.958695764127%

Flavonoids

Cyanidin: 28.1mg, Cyanidin: 28.1mg, Cyanidin: 28.1mg, Cyanidin: 28.1mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 530.31kcal (26.52%), Fat: 38.05g (58.53%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.36g (5.96%), Cholesterol: 72.32mg (24.11%), Sodium: 400.14mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.54%), Vitamin E: 13.07mg (87.14%), Manganese: 1.39mg (69.61%), Vitamin B3: 13.71mg (68.53%), Selenium: 38.11µg (54.44%), Vitamin B6: 0.95mg (47.33%), Phosphorus: 459.85mg (45.99%), Magnesium: 157.4mg (39.35%), Fiber: 9.31g (37.25%), Vitamin K: 38.82µg (36.97%), Vitamin B2: 0.62mg (36.52%), Copper: 0.52mg (26.21%), Potassium: 840.48mg (24.01%), Vitamin C: 18.73mg (22.7%), Vitamin B5: 2.01mg (20.11%), Zinc: 2.25mg (15.01%), Iron: 2.56mg (14.21%), Calcium: 140.25mg (14.02%), Vitamin B1: 0.18mg (12.18%), Folate: 40.81µg (10.2%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 137.27IU (2.75%)