



 **35%**  
HEALTH SCORE

## Chicken with Couscous

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**323 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 carrots thinly sliced
- 0.5 cup jalapeno finely chopped
- 1 teaspoon cornstarch
- 1.5 teaspoons curry powder
- 1.5 teaspoons ginger fresh grated
- 3 spring onion thinly sliced
- 0.5 teaspoon ground coriander
- 1 pinch pepper black

- 3.3 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 1 cup oats
- 4 chicken breast halves boneless skinless cut into cubes
- 1 zucchini diced

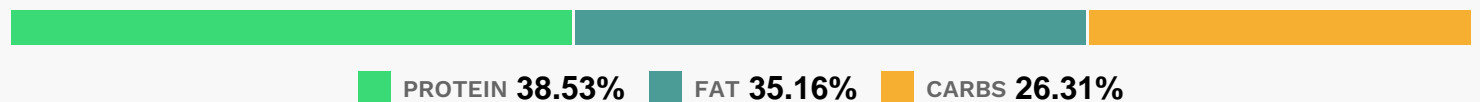
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In a medium saucepan, bring 2 cups of the chicken broth to a boil. Stir in couscous and 1 1/2 teaspoons of the olive oil. Turn off heat, cover, and let stand 10 minutes.
- Heat 1 tablespoon olive oil in a medium skillet over medium heat. Stir in the chicken, season with pepper, and cook until no longer pink and juices run clear.
- Remove chicken from the skillet, and set aside.
- Heat the remaining olive oil in the skillet over medium heat. Stir in the jalapeno peppers and carrot, and saute about 2 minutes.
- Mix in the zucchini, green onions, ginger, and 1/4 cup chicken broth. Continue to cook and stir until tender, about 5 minutes.
- In a small bowl, blend the remaining 1 cup chicken broth with curry powder, coriander, and cornstarch.
- Pour over the vegetables. Return chicken to the skillet. Continue cooking about 2 minutes until chicken is coated and the broth mixture begins to thicken.
- Serve over the couscous.

## Nutrition Facts



## Properties

Glycemic Index:60.71, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:25.919564952021%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 323.06kcal (16.15%), Fat: 12.88g (19.81%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 17.93g (6.52%), Sugar: 3.19g (3.55%), Cholesterol: 72.32mg (24.11%), Sodium: 206.2mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.75g (63.49%), Vitamin B3: 15.18mg (75.89%), Selenium: 43.48µg (62.11%), Vitamin A: 2898.1IU (57.96%), Manganese: 1.06mg (53.23%), Vitamin B6: 1.05mg (52.46%), Phosphorus: 421.87mg (42.19%), Vitamin C: 26.24mg (31.8%), Vitamin K: 30.71µg (29.25%), Magnesium: 103.28mg (25.82%), Potassium: 903.27mg (25.81%), Vitamin B5: 1.94mg (19.4%), Vitamin B2: 0.27mg (15.76%), Vitamin B1: 0.23mg (15.07%), Fiber: 3.75g (15%), Vitamin E: 2.14mg (14.29%), Iron: 2.46mg (13.67%), Copper: 0.26mg (12.98%), Zinc: 1.79mg (11.9%), Folate: 35.7µg (8.93%), Vitamin B12: 0.42µg (6.96%), Calcium: 49.22mg (4.92%)