



Chicken With Couscous, Tomatoes, and Hummus

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz skinned and boned chicken breasts
- ☐ 10 oz couscous plain
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 7 oz water
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil divided

- ☐ 0.5 teaspoon pepper divided
- ☐ 4 pita bread rounds cut into quarters
- ☐ 6 plum tomatoes diced seeded
- ☐ 2 tablespoons onion red minced
- ☐ 1.3 teaspoons salt divided

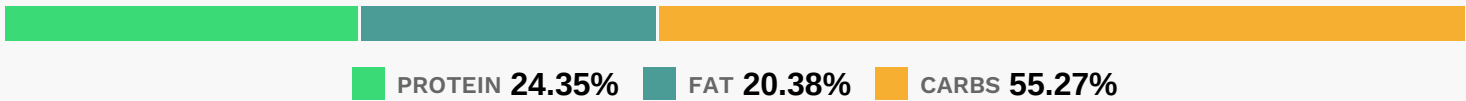
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Prepare couscous according to package directions.
- ☐ Brush chicken with 1 Tbsp. oil; sprinkle with 3/4 tsp. salt and 1/4 tsp. pepper.
- ☐ Cook chicken, covered, in a large nonstick skillet or grill pan, over medium-high heat 8 to 10 minutes on each side or until done.
- ☐ Meanwhile, combine tomatoes, next 4 ingredients, and remaining 1 Tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper. Stir tomato mixture into prepared couscous.
- ☐ Divide couscous mixture, hummus, and pita bread quarters among 4 serving plates; top each with 1 chicken breast.

Nutrition Facts



Properties

Glycemic Index:95.63, Glycemic Load:64.56, Inflammation Score:-8, Nutrition Score:28.74826103708%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg 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: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 715.65kcal (35.78%), Fat: 16.05g (24.69%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 97.95g (32.65%), Net Carbohydrates: 88.88g (32.32%), Sugar: 2.77g (3.07%), Cholesterol: 72.57mg (24.19%), Sodium: 1358.79mg (59.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.14g (86.28%), Vitamin B3: 16.37mg (81.86%), Manganese: 1.4mg (69.96%), Vitamin B6: 1.14mg (57%), Selenium: 37.73µg (53.9%), Phosphorus: 526.71mg (52.67%), Fiber: 9.07g (36.27%), Copper: 0.63mg (31.53%), Vitamin B1: 0.47mg (31.12%), Magnesium: 123mg (30.75%), Vitamin B5: 2.89mg (28.9%), Potassium: 960.09mg (27.43%), Folate: 90.06µg (22.52%), Vitamin C: 16.43mg (19.91%), Iron: 3.57mg (19.86%), Zinc: 2.82mg (18.79%), Vitamin A: 904.48IU (18.09%), Vitamin K: 18.45µg (17.58%), Vitamin B2: 0.28mg (16.28%), Vitamin E: 1.75mg (11.65%), Calcium: 106.01mg (10.6%), Vitamin B12: 0.23µg (3.78%)