



Chicken with Haricots Verts, Potatoes, and Toasted Almonds

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 parcooked baby potatoes red
- ☐ 0.3 tsp pepper black freshly ground
- ☐ 32 oz boned skinned chicken breast halves
- ☐ 3 garlic cloves minced
- ☐ 1 pound haricots verts french slender green beans
- ☐ 1 cup chicken stock see reduced-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.5 tsp salt
- ☐ 2 large shallots minced
- ☐ 4 teaspoons slivered almonds toasted
- ☐ 3 sprigs tarragon chopped for garnish

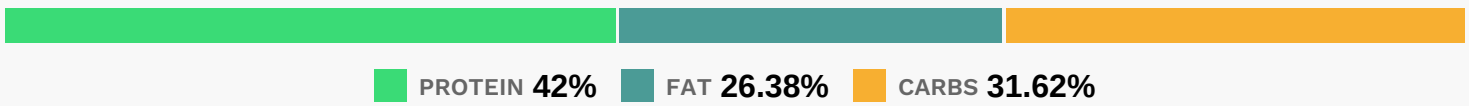
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large, heavy ovenproof frying pan (not nonstick) over high heat until oil is hot but not smoking.
- ☐ Add chicken breasts, top side down, and cook until golden, 2 to 3 minutes. Turn chicken over.
- ☐ Add shallots and garlic to pan with chicken, stirring occasionally so garlic doesn't burn, until shallots are soft and translucent, 3 to 4 minutes.
- ☐ Add chicken stock, tarragon sprigs, potatoes, 1/2 tsp. salt, and 1/4 tsp. pepper and cook until mixture begins to boil, about 1 minute.
- ☐ Lay haricots verts over chicken, then cover pan and put in oven.
- ☐ Bake 14 to 16 minutes, or until chicken is just cooked through (cut to check) and haricots verts are tender.
- ☐ Transfer chicken to a plate.
- ☐ Season haricots verts–potato–stock mixture with salt and pepper to taste. Divide vegetables among 4 rimmed plates or shallow pasta bowls, top each with a piece of chicken, and spoon sauce over all.
- ☐ Garnish with chopped tarragon and almonds.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:24.93, Inflammation Score:-8, Nutrition Score:38.568260928859%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 534.63kcal (26.73%), Fat: 15.76g (24.25%), Saturated Fat: 2.64g (16.53%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 34.66g (12.6%), Sugar: 6.26g (6.96%), Cholesterol: 145.15mg (48.38%), Sodium: 591.37mg (25.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.46g (112.91%), Vitamin B3: 27.39mg (136.94%), Vitamin B6: 2.47mg (123.66%), Selenium: 74.47µg (106.38%), Phosphorus: 667.9mg (66.79%), Vitamin C: 52.1mg (63.16%), Potassium: 1963.62mg (56.1%), Vitamin K: 56.96µg (54.25%), Manganese: 0.84mg (41.89%), Vitamin B5: 4.05mg (40.54%), Magnesium: 145.96mg (36.49%), Fiber: 7.85g (31.39%), Vitamin B2: 0.49mg (28.65%), Vitamin B1: 0.4mg (26.44%), Iron: 4.32mg (23.98%), Copper: 0.42mg (21.1%), Folate: 83.58µg (20.9%), Vitamin E: 2.95mg (19.68%), Vitamin A: 918.27IU (18.37%), Zinc: 2.4mg (15.97%), Calcium: 113.16mg (11.32%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 0.23µg (1.51%)