



Chicken with Passion Fruit Sauce over Dried Fruit and Nuts Orzo

READY IN



45 min.

SERVINGS



4

CALORIES



1358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds
- ☐ 0.3 teaspoon cumin
- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup heavy cream
- ☐ 0.3 cup olive oil

- ☐ 0.3 teaspoon onion powder
- ☐ 1 pound orzo pasta
- ☐ 1.5 cups passion fruit puree
- ☐ 0.5 cup pinenuts
- ☐ 0.3 cup raisins
- ☐ 4 servings salt and pepper
- ☐ 4 chicken breasts boneless skinless
- ☐ 0.3 cup sugar
- ☐ 0.3 cup walnuts

Equipment

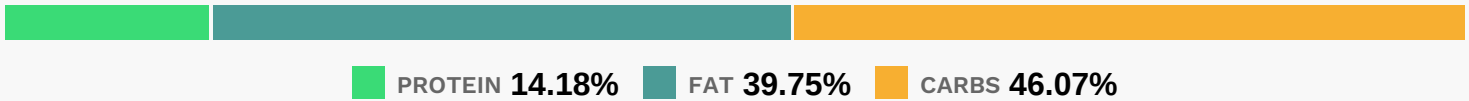
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Place the chicken in a medium bowl and add the olive oil, cumin, salt, pepper, onion powder and garlic powder. Toss to combine, cover and let marinate for at least 1 hour. Preheat the oven to 400° F.
- ☐ Place the chicken on a baking sheet and cook in the oven for about 30 minutes or until the chicken is cooked. Meanwhile make the sauce: In a medium sauce pan, place the passion fruit puree and sugar. Bring to a boil, then reduce the heat to medium and cook for about 5 minutes. Then add the heavy cream, bring to a boil one more time and reduce the heat to low and simmer for about 7 minutes. Set aside. To make the orzo: Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender, but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta and transfer to a large serving bowl.
- ☐ Add the olive oil and toss.

Place orzo on a serving plate top with the chicken breast and drizzle passion fruit sauce on top. Bring the extra sauce to the table.

Nutrition Facts



Properties

Glycemic Index:71.47, Glycemic Load:53.16, Inflammation Score:-10, Nutrition Score:41.925217255302%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 1358.26kcal (67.91%), Fat: 61.32g (94.35%), Saturated Fat: 18.21g (113.78%), Carbohydrates: 159.92g (53.31%), Net Carbohydrates: 141.9g (51.6%), Sugar: 51.4g (57.11%), Cholesterol: 139.55mg (46.52%), Sodium: 379.74mg (16.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.2g (98.41%), Selenium: 111.32µg (159.03%), Manganese: 3.08mg (153.95%), Vitamin B3: 16.43mg (82.17%), Phosphorus: 722.9mg (72.29%), Fiber: 18.02g (72.08%), Vitamin B6: 1.21mg (60.74%), Vitamin A: 2689.01IU (53.78%), Magnesium: 202.48mg (50.62%), Vitamin E: 7.09mg (47.28%), Copper: 0.92mg (45.85%), Potassium: 1329.79mg (37.99%), Vitamin C: 30.51mg (36.98%), Vitamin B2: 0.59mg (34.51%), Iron: 5.61mg (31.16%), Zinc: 4.14mg (27.62%), Vitamin K: 26.77µg (25.5%), Vitamin B5: 2.43mg (24.35%), Vitamin B1: 0.31mg (20.48%), Folate: 59.62µg (14.9%), Calcium: 135.31mg (13.53%), Vitamin D: 1.07µg (7.1%), Vitamin B12: 0.32µg (5.35%)