



Chicken With Peppers, Broccolini, and Basil

 Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.8 pound broccolini trimmed
- ☐ 0.5 cup basil leaves fresh divided
- ☐ 4 garlic cloves finely chopped
- ☐ 1 large onion sliced
- ☐ 3 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 2 large bell peppers red divided cut into 1/4-inch pieces,
- ☐ 2 tablespoons red wine vinegar divided

- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1.5 cups couscous whole-wheat

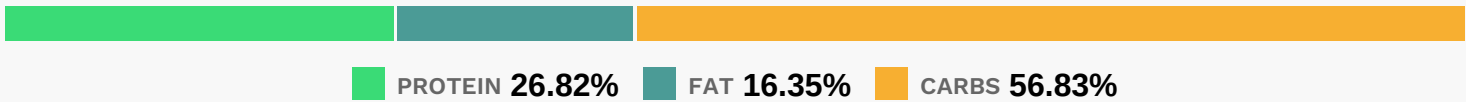
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Add broccolini; cook 3 minutes or until tender.
- ☐ Add 2 cups cooking water and couscous to bowl; cover and let stand 15 minutes.
- ☐ Drain broccolini; transfer to plate.
- ☐ Place wok or large skillet over medium-high heat; add 1 1/2 teaspoons oil. Cook pepper, onion, and garlic, stirring, 4 minutes.
- ☐ Transfer to bowl; cover.
- ☐ Add remaining 1 1/2 teaspoons oil to wok; cook chicken 4 minutes, stirring, or until almost cooked through.
- ☐ Add 1 tablespoon vinegar; cook 1 minute more or until chicken is cooked through.
- ☐ Uncover couscous; stir in remaining 1 tablespoon vinegar and half of basil.
- ☐ Top platter with peppers, chicken, broccolini, almonds, and remaining basil.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:28.943043605141%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 604.01kcal (30.2%), Fat: 11.55g (17.77%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 90.31g (30.1%), Net Carbohydrates: 78.12g (28.41%), Sugar: 8.95g (9.94%), Cholesterol: 72.57mg (24.19%), Sodium: 162.64mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.63g (85.25%), Vitamin C: 188.65mg (228.67%), Vitamin A: 4261.65IU (85.23%), Vitamin B3: 12.99mg (64.97%), Vitamin B6: 1.19mg (59.25%), Selenium: 37.3µg (53.28%), Fiber: 12.19g (48.77%), Phosphorus: 313.28mg (31.33%), Iron: 4.84mg (26.87%), Vitamin E: 3.94mg (26.24%), Manganese: 0.42mg (20.83%), Potassium: 726.12mg (20.75%), Vitamin B5: 1.98mg (19.81%), Vitamin B2: 0.28mg (16.72%), Magnesium: 66.29mg (16.57%), Vitamin K: 16.92µg (16.11%), Calcium: 142.49mg (14.25%), Folate: 54.81µg (13.7%), Vitamin B1: 0.16mg (10.43%), Zinc: 1.22mg (8.15%), Copper: 0.16mg (7.89%), Vitamin B12: 0.23µg (3.78%)