



Chicken with Roasted Peppers and Couscous

READY IN



30 min.

SERVINGS



5

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup onion diced
- ☐ 0.5 teaspoon salt
- ☐ 2 garlic clove finely chopped
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 1.5 cups couscous uncooked
- ☐ 10 oz roasted peppers red drained coarsely chopped
- ☐ 0.5 cup feta cheese crumbled

- ☐ 2 tablespoons parsley fresh italian chopped ()
- ☐ 1 teaspoon thyme sprigs fresh chopped

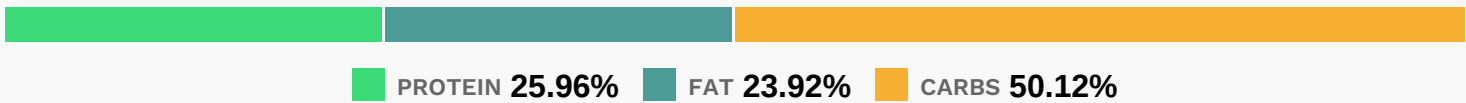
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, melt butter over medium-high heat.
- ☐ Add onions and salt; cook 2 to 3 minutes or until onions soften and begin to brown. Stir in garlic; cook 30 seconds. Stir in broth, chicken, couscous and roasted peppers; heat to boiling.
- ☐ Reduce heat to low. Cover; cook 5 to 7 minutes or until couscous is tender and liquid is absorbed.
- ☐ Stir in feta, parsley and thyme.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:25.4, Inflammation Score:-8, Nutrition Score:16.322174203137%

Flavonoids

Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 379.9kcal (19%), Fat: 9.97g (15.33%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 43.03g (15.65%), Sugar: 1.79g (1.99%), Cholesterol: 63.25mg (21.08%), Sodium: 1596.11mg (69.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.67%), Vitamin C: 31.88mg (38.64%), Vitamin B3: 6.97mg (34.83%), Manganese: 0.62mg (31.19%), Phosphorus: 274.54mg (27.45%), Vitamin K: 26.85µg (25.58%), Vitamin B6: 0.51mg (25.37%), Selenium: 16.93µg (24.19%), Vitamin B2: 0.34mg (19.78%), Fiber: 3.95g (15.81%), Vitamin B5: 1.42mg (14.22%), Copper: 0.27mg (13.68%), Calcium: 134.31mg (13.43%), Zinc: 1.98mg (13.18%), Vitamin B1: 0.2mg (13.01%), Magnesium: 49.62mg (12.41%), Vitamin A: 607.48IU (12.15%), Iron: 2.11mg (11.75%), Potassium:

386.95mg (11.06%), Folate: 35.86µg (8.97%), Vitamin B12: 0.44µg (7.32%)