



HEALTH SCORE

53%

Chicken with Roasted Shallots, Tomatoes and White Beans



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans white drained canned
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.3 cups chicken broth divided reduced-sodium
- ☐ 4 servings olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons freshly parsley leaves chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 to 6 shallots cut into 1-inch pieces
- ☐ 30 ounces chicken breast halves boneless skinless

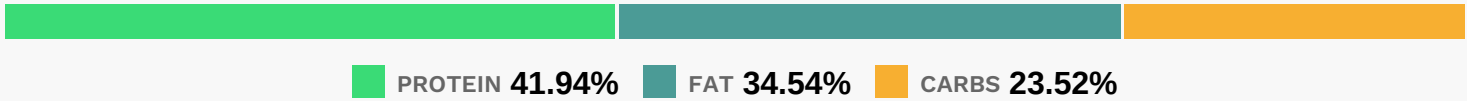
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400 degrees F. Coat a shallow roasting pan with cooking spray.
- ☐ Season both sides of chicken with salt and black pepper and place in prepared pan. Arrange shallots and tomatoes around chicken (or on a second baking sheet that's been coated with nonstick cooking spray). Toss with olive oil and season with salt and black pepper. Roast 30 minutes, until chicken is golden brown and cooked through and vegetables are tender.
- ☐ Set aside 2 chicken breast halves for primavera.
- ☐ In a large skillet, combine beans, roasted shallots and tomatoes, 1 cup of the broth, thyme, and oregano. Set pan over medium-high heat and bring to a simmer.
- ☐ Add chicken and simmer 1 minute to heat through.
- ☐ Remove from heat and top with parsley.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:6.46, Inflammation Score:-9, Nutrition Score:34.972608768422%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.53mg, Quercetin:

0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 533.54kcal (26.68%), Fat: 20.42g (31.42%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 24.48g (8.9%), Sugar: 4.27g (4.74%), Cholesterol: 136.08mg (45.36%), Sodium: 286.96mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.8g (111.61%), Vitamin B3: 23.82mg (119.08%), Selenium: 70.45µg (100.65%), Vitamin B6: 1.83mg (91.67%), Phosphorus: 603.79mg (60.38%), Vitamin K: 54.58µg (51.98%), Potassium: 1599.57mg (45.7%), Manganese: 0.79mg (39.56%), Vitamin B5: 3.41mg (34.09%), Magnesium: 125.26mg (31.32%), Iron: 5.63mg (31.29%), Vitamin C: 24.33mg (29.5%), Fiber: 6.82g (27.28%), Vitamin E: 3.81mg (25.42%), Folate: 100.72µg (25.18%), Copper: 0.43mg (21.46%), Vitamin B1: 0.28mg (18.93%), Zinc: 2.75mg (18.36%), Vitamin B2: 0.3mg (17.72%), Calcium: 124.69mg (12.47%), Vitamin A: 616.12IU (12.32%), Vitamin B12: 0.5µg (8.32%), Vitamin D: 0.21µg (1.42%)