

health-score 69%

HEALTH SCORE

Chile-Rubbed Chicken Breast with Kale, Quinoa and Brussels Sprouts Salad

Gluten Free Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

542 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 ounces almonds toasted chopped
- ☐ 12 ounces brussels sprouts shredded with a knife cored finely grated trimmed
- ☐ 1 teaspoon ground chipotle powder
- ☐ 4 ounces cotija cheese crumbled
- ☐ 2 tablespoons dijon mustard
- ☐ 2 small garlic cloves separated grated
- ☐ 2 large bunches kale thinly sliced

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 cup quinoa dried
- ☐ 1 tablespoon shallots minced from
- ☐ 4 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

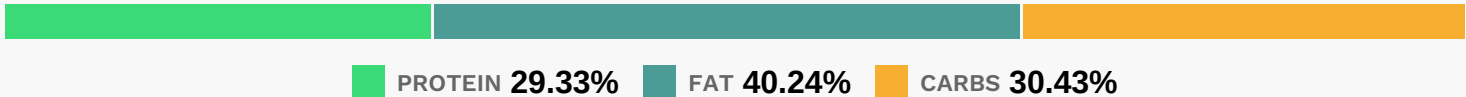
Directions

- ☐ Bring 2 cups water to a boil in a small saucepan.
- ☐ Add the quinoa, season with salt and cover. Reduce the heat to a simmer over medium-low, and cook until the quinoa has absorbed the water, about 15 minutes.
- ☐ Remove from the heat.
- ☐ Meanwhile, in a small bowl, mix together 2 tablespoons of the olive oil, the chipotle powder, oregano and 1 grated garlic clove. Season the mixture with salt and pepper.
- ☐ Sprinkle the chicken breasts on both sides with salt and pepper and rub the chipotle mixture evenly over the meat.
- ☐ Heat 1 tablespoon of the olive oil in a large heavy skillet over medium-high heat.
- ☐ Add the chicken breasts and cook, turning once, until browned and cooked through, about 5 minutes per side.
- ☐ Remove from the heat, cover, and let stand for 5 minutes before slicing.
- ☐ In a small bowl, whisk together the lemon juice, Dijon, shallots and remaining grated garlic until combined. While whisking, slowly drizzle in the remaining 1/2 cup olive oil until thick and

emulsified. Season the dressing with salt and pepper.

- ☐ In a large mixing bowl, toss the cooked quinoa, kale, Brussels sprouts and almonds together until combined.
- ☐ Add the dressing and cheese and toss lightly until coated; season with salt and pepper.
- ☐ Divide the mixture among 4 serving plates and top each with a sliced chicken breast.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:43.161304297655%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 541.85kcal (27.09%), Fat: 24.73g (38.05%), Saturated Fat: 6.1g (38.11%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 33.2g (12.07%), Sugar: 3.25g (3.61%), Cholesterol: 97.55mg (32.52%), Sodium: 569.72mg (24.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.13%), Vitamin K: 160.43µg (152.79%), Vitamin C: 80.73mg (97.85%), Manganese: 1.61mg (80.72%), Vitamin B6: 1.44mg (71.77%), Vitamin B3: 14.02mg (70.1%), Selenium: 48.91µg (69.87%), Phosphorus: 669.72mg (66.97%), Magnesium: 184.17mg (46.04%), Vitamin E: 6.8mg (45.3%), Vitamin B2: 0.74mg (43.78%), Folate: 156.03µg (39.01%), Fiber: 8.89g (35.56%), Potassium: 1170.19mg (33.43%), Vitamin B1: 0.44mg (29.43%), Iron: 4.77mg (26.48%), Vitamin B5: 2.61mg (26.11%), Copper: 0.52mg (26.02%), Calcium: 259.92mg (25.99%), Zinc: 3.71mg (24.73%), Vitamin A: 1014.62IU (20.29%), Vitamin B12: 0.71µg (11.75%), Vitamin D: 0.23µg (1.51%)