






 **98%**
HEALTH SCORE

Garlic and Walnut Crusted Chicken

 Very Healthy

READY IN

135 min.

SERVINGS

6

CALORIES

600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup japanese breadcrumbs (panko)
- 0.5 pound brussels sprouts fresh split
- 6 chicken breasts whole with skin
- 1 tablespoon parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 6 heads garlic
- 2 leeks white sliced into thin rings
- 2 tablespoons olive oil or as needed

- 1 pomegranate
- 1 shallots thinly sliced
- 1 pound pkt spinach fresh
- 1 tablespoon butter unsalted
- 1 cup california walnuts crushed toasted

Equipment

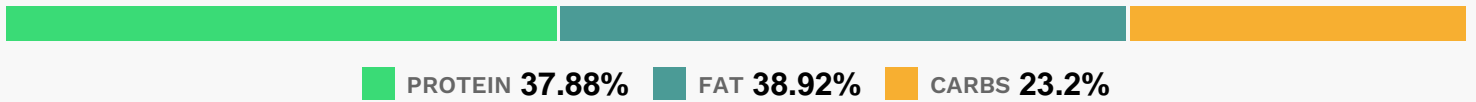
- frying pan
- oven
- knife
- pot
- blender
- baking pan
- broiler

Directions

- Preheat the oven to 350 degrees F.
- Bake the garlic in a small baking dish for 1 hour, or until soft and fragrant.
- Cut the garlic heads in half crosswise, squeeze out all of the pulp, and reserve. You should have 1 cup of roasted garlic.
- Puree the garlic pulp in a blender until smooth, and add the butter and herbs. Process just until smooth, then stir in the breadcrumbs and walnuts. Reserve.
- Bring a small pot of water to a rolling boil and add a pinch of salt. Blanch the leek rings about one minute. They should be tender, but still have some bite. Shock in an ice water bath, drain and reserve.
- Swirl a small amount of olive oil in a heavy bottomed pan and arrange the Brussels sprouts in the pan cut side down. Cook over medium high heat until the Brussels sprouts are caramelized. Season with salt and pepper, and cook until just tender.
- Add the leek rings and set aside. It is ideal that the Brussels sprouts hold their shape.

- In another pan, warm 1 tablespoon unsalted butter, add the shallots and cook until soft, add the spinach and cook just until wilted. Season with salt and pepper and reserve.
- In a heavy bottomed oven-proof pan swirl just enough olive oil to coat the bottom of the pan.
- Place the chicken breasts in the pan, skin side down and cook until the skin is golden brown.
- Place the pan in the oven and bake for approximately 10 minutes, or until the juices run clear when pricked with the tip of a knife. There is no need to turn the chicken over, cook the breasts with the skin side down the whole time.
- When the chicken is fully cooked, remove from the oven to a sheet pan, skin side up. Coat each breast with the garlic-butter walnut crust and place under the broiler until the coating turns golden brown and crisp.
- Remove from the broiler and keep warm.
- To serve: Distribute the spinach evenly among the plates, placing it in the center.
- Sprinkle the leek rings and Brussels sprouts around the outside of the spinach, and then sprinkle the pomegranate seeds over the top.
- Place one breast on top of the spinach and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:52.10565221828%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 599.79kcal (29.99%), Fat: 26.61g (40.94%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 27.74g (10.09%), Sugar: 10.18g (11.31%), Cholesterol: 149.66mg (49.89%), Sodium: 381.75mg

(16.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.27g (116.54%), Vitamin K: 469.42µg (447.07%), Vitamin A: 8112.73IU (162.25%), Vitamin B3: 25.44mg (127.21%), Vitamin B6: 2.5mg (125.22%), Selenium: 80.48µg (114.97%), Manganese: 2.25mg (112.56%), Vitamin C: 76.52mg (92.75%), Phosphorus: 688.27mg (68.83%), Folate: 243.93µg (60.98%), Potassium: 1802.8mg (51.51%), Magnesium: 184.21mg (46.05%), Vitamin B5: 3.93mg (39.33%), Copper: 0.71mg (35.68%), Iron: 5.78mg (32.14%), Vitamin B1: 0.48mg (32%), Fiber: 7.95g (31.81%), Vitamin B2: 0.52mg (30.86%), Vitamin E: 3.75mg (24.98%), Calcium: 210.96mg (21.1%), Zinc: 3.12mg (20.78%), Vitamin B12: 0.47µg (7.89%), Vitamin D: 0.26µg (1.74%)