



Greek Chicken with Lemon Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce couscous uncooked
- ☐ 1 teaspoon parsley flakes dried
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 tablespoons juice of lemon fresh (2 lemons)
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

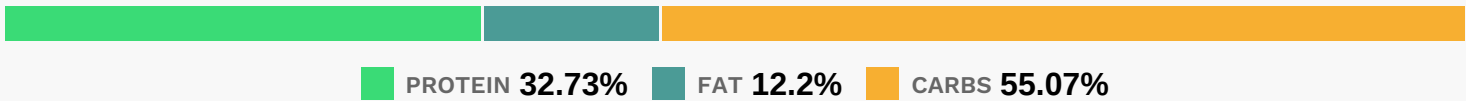
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare broiler.
- ☐ Combine first 4 ingredients; sprinkle over both sides of chicken.
- ☐ Place chicken on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat 12 minutes or until done, turning once.
- ☐ Meanwhile, combine broth and next 4 ingredients in a saucepan; bring to a boil.
- ☐ Remove from heat, and stir in couscous. Cover and let stand 5 minutes or until liquid is absorbed and couscous is tender.
- ☐ Spoon couscous evenly onto 4 serving plates; top each serving with a chicken breast half. If desired, garnish with lemon slices and oregano sprigs.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:33.4, Inflammation Score:-6, Nutrition Score:17.71956528788%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 422.7kcal (21.14%), Fat: 5.58g (8.59%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 52.7g (19.17%), Sugar: 0.48g (0.54%), Cholesterol: 72.57mg (24.19%), Sodium: 598.37mg (26.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.42%), Vitamin B3: 14.74mg (73.72%), Selenium: 37.99µg (54.27%), Vitamin B6: 0.96mg (47.86%), Phosphorus: 370.68mg (37.07%), Manganese: 0.63mg (31.32%), Vitamin B5: 2.61mg (26.13%), Potassium: 586.68mg (16.76%), Magnesium: 64.31mg (16.08%), Fiber: 4.02g (16.08%), Vitamin B1: 0.2mg (13.31%), Copper: 0.23mg (11.47%), Vitamin B2: 0.19mg (11.26%), Vitamin C: 7.7mg (9.34%), Zinc: 1.3mg (8.65%), Iron: 1.53mg (8.5%), Vitamin B12: 0.37µg (6.19%), Folate: 23.32µg (5.83%), Calcium: 38.16mg (3.82%), Vitamin K: 3.88µg (3.7%), Vitamin E: 0.41mg (2.74%), Vitamin A: 134.54IU (2.69%)