



WHATSheATE



Grilled Chicken Chops with Garlic Puree



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 24 ounce chicken chops bone-in (, skin-on, thickly cut breasts, ask your butcher)
- ☐ 2 cups chicken stock see divided
- ☐ 1 bunch chives
- ☐ 0.3 cup roasted garlic paste
- ☐ 0.3 cup heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil divided

- ☐ 1 small onion diced
- ☐ 1 potatoes diced finely
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 4 servings splash white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ grill

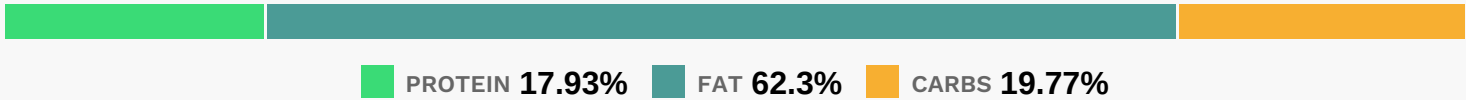
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to high. Preheat the oven to 350 degrees F.
- ☐ In a saucepan over medium-high heat, add 1 tablespoon olive oil and 1 tablespoon butter.
- ☐ Add the onions and cook for 1 to 2 minutes until fragrant.
- ☐ Add the roasted garlic paste and potato.
- ☐ Mix well. Cook for 2 minutes, then add a splash of white wine and 2 cups chicken stock. Bring to a simmer. Cook until potato is tender, about 8 to 10 minutes.
- ☐ Once tender, add the cream and lemon juice. Season the mixture with salt and pepper, to taste.
- ☐ Remove from the heat and allow to cool slightly.
- ☐ Once cooled add the mixture to a blender.
- ☐ Add a bunch of chives, remaining 1 tablespoon butter, and 2 tablespoons chicken stock. Pulse until pureed and smooth.
- ☐ Season the chicken chops with salt and pepper, to taste, and drizzle with the remaining olive oil.
- ☐ Put the chops on the hot grill and cook for 4 to 5 minutes on each side.
- ☐ Transfer the chops from the grill to sheet pan and bake in the oven for 6 to 8 minutes.

- ☐
- Remove the pan from the oven and arrange the chops on a serving platter.

☐

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:8.55, Inflammation Score:-7, Nutrition Score:14.628695664199%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 564.54kcal (28.23%), Fat: 31.92g (49.1%), Saturated Fat: 11.92g (74.52%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 21.1g (7.67%), Sugar: 5.2g (5.77%), Cholesterol: 96.69mg (32.23%), Sodium: 484.5mg (21.07%), Alcohol: 15.14g (100%), Alcohol %: 4.12% (100%), Protein: 20.66g (41.33%), Vitamin B3: 8.27mg (41.37%), Vitamin B6: 0.73mg (36.31%), Phosphorus: 238.8mg (23.88%), Vitamin C: 19.56mg (23.7%), Selenium: 16.53µg (23.62%), Manganese: 0.44mg (21.95%), Potassium: 695.11mg (19.86%), Vitamin B2: 0.29mg (16.81%), Magnesium: 54.01mg (13.5%), Zinc: 1.75mg (11.66%), Vitamin B1: 0.17mg (11.46%), Iron: 2.06mg (11.44%), Vitamin A: 557.66IU (11.15%), Vitamin B5: 1.1mg (10.98%), Vitamin E: 1.62mg (10.78%), Copper: 0.2mg (10.21%), Vitamin K: 10.59µg (10.08%), Folate: 27.82µg (6.96%), Fiber: 1.7g (6.78%), Calcium: 64.67mg (6.47%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.4µg (2.68%)