



HEALTH SCORE

91%

Grilled Chicken with Almond and Garlic Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds spring mix of spinach (poussins)
- ☐ 3 tablespoons wine dry white
- ☐ 1 teaspoon flax seed oil
- ☐ 2 tablespoons herbs: rosemary fresh such as parsley, thyme, or oregano chopped
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 cup almond flour
- ☐ 0.5 teaspoon pepper white
- ☐ 1 juice of lemon

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 0.5 cup olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 9 ounces beans dried white such as lima beans
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

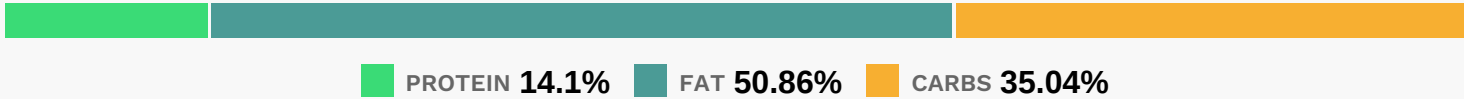
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ roasting pan
- ☐ grill
- ☐ broiler

Directions

- ☐ For the sauce, soak the beans in a generous amount of water overnight.
- ☐ Using poultry sheers, cut each chicken along the backbone and remove as much of the backbone as possible. Press the chickens with your fist to flatten them slightly and then place them in a large glass dish that will fit in the refrigerator.
- ☐ Combine the lemon juice, olive oil, oregano, wine, garlic, onion, and some salt and pepper in a blender and purée to make a paste.
- ☐ Spread the paste over the chicken and massage it into the meat. Cover the dish and refrigerate for at least 2 hours, or, preferably, overnight.

- ☐ The next day, drain the beans, put them in a saucepan, and add enough fresh water to cover the beans by about 3 inches. Bring to a boil over medium heat and cook for 10 minutes, then reduce the heat, and simmer the beans until completely soft, 1 to 1 1/2 hours.
- ☐ Drain well.
- ☐ Put the beans, almonds, garlic, and vinegar in a food processor and process to a smooth paste. Gradually add the olive oil and lemon juice through the hole in the lid, processing to a thick sauce.
- ☐ Add the flaxseed oil and season with salt and pepper. Set aside.
- ☐ Preheat the broiler until very hot, prepare the grill, or preheat the oven to 350°F.
- ☐ Wipe away excess marinade from the chicken, then cook under the broiler, on the barbecue or in a roasting pan in the oven until cooked through, approximately 45 minutes. Test by piercing the thickest part of the flesh with a knife: when the chicken is cooked, the juices will run clear.
- ☐ Cut the chickens in half, sprinkle with the herbs, and serve with the sauce and lemon wedges.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:28.704782817675%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 419.85kcal (20.99%), Fat: 24.7g (38%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 31.98g (11.63%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 610.1mg (26.53%), Alcohol: 1.16g (100%), Alcohol %: 0.23% (100%), Protein: 15.41g (30.82%), Vitamin C: 115.36mg (139.83%), Vitamin A: 5327.12IU (106.54%), Manganese: 1.18mg (58.86%), Folate: 230.9µg (57.72%), Vitamin K: 46.34µg (44.13%), Potassium: 1221.27mg (34.89%), Iron: 6.24mg (34.65%), Phosphorus: 264.6mg (26.46%), Fiber: 6.3g (25.2%), Vitamin B6: 0.49mg (24.5%), Magnesium: 97.15mg (24.29%), Copper: 0.44mg (21.76%), Vitamin E: 3.19mg (21.27%), Calcium: 164.86mg (16.49%), Vitamin B2: 0.27mg (16.02%), Vitamin B1: 0.23mg (15.53%), Vitamin B3: 2.69mg (13.44%), Zinc: 1.95mg (13%), Vitamin B5: 0.77mg (7.65%), Selenium: 3.04µg (4.35%)