



Herb-Basted Chicken with Pearl Barley, Bacon, and Root Vegetable Pilaf

READY IN



45 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces bacon diced
- ☐ 2 tablespoons butter ()
- ☐ 6 tablespoons canola oil
- ☐ 4 large chicken breast halves with skin and bones
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup pearl barley rinsed drained

- ☐ 1.3 cups cubes root vegetables peeled (such as celery root, carrot, turnip, rutabaga, and/or butternut squash)
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots minced
- ☐ 1 pinch sugar
- ☐ 2 cups water

Equipment

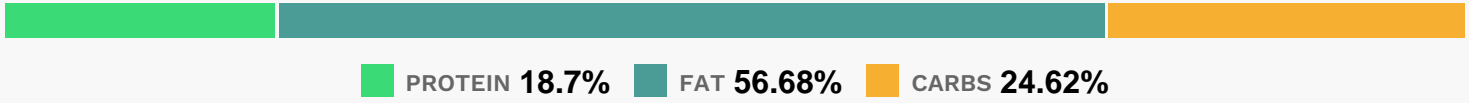
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring 2 cups water and salt to boil in medium saucepan.
- ☐ Mix in barley. Cover pan, reduce heat to medium, and simmer until barley is tender, about 30 minutes.
- ☐ Drain barley.
- ☐ Sauté bacon in large pot over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels.
- ☐ Pour off all but 2 tablespoons drippings from pot.
- ☐ Add shallot; stir 30 seconds.
- ☐ Add cubed vegetables and sugar; sauté 6 minutes.
- ☐ Add barley, lemon juice, and herbs; stir 2 minutes.
- ☐ Mix in bacon; season with salt and pepper. (Can be made 1 hour ahead.
- ☐ Let stand at room temperature. Cover and place in oven to rewarm while chicken roasts, adding water by tablespoonfuls to moisten if dry.)
- ☐ Preheat oven to 350°F.

- ☐
- Heat oil in large ovenproof skillet over medium-high heat.
- ☐
- Sprinkle chicken with salt and pepper.
- ☐
- Place chicken, skin side down, in skillet. Cook until skin browns, about 7 minutes.
- ☐
- Add butter and herbs to skillet; stir to blend. Turn chicken skin side up.
- ☐
- Place skillet in oven; roast chicken until cooked through, basting occasionally with herb butter, about 20 minutes.
- ☐
- Divide pilaf among 4 plates; top with chicken. Spoon pan juices over.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:29.670435122822%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 743.95kcal (37.2%), Fat: 47.12g (72.5%), Saturated Fat: 11.57g (72.33%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 37.14g (13.51%), Sugar: 2.17g (2.41%), Cholesterol: 115.44mg (38.48%), Sodium: 761.25mg (33.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.99g (69.98%), Vitamin A: 4898.83IU (97.98%), Selenium: 63.93µg (91.32%), Vitamin B3: 16.35mg (81.73%), Vitamin B6: 1.18mg (59.03%), Phosphorus: 429.38mg (42.94%), Manganese: 0.79mg (39.74%), Fiber: 8.92g (35.68%), Vitamin E: 4.88mg (32.54%), Potassium: 823.1mg (23.52%), Magnesium: 92.06mg (23.02%), Vitamin B1: 0.33mg (22.25%), Vitamin B5: 2.19mg (21.92%), Vitamin K: 17.32µg (16.5%), Copper: 0.32mg (15.82%), Zinc: 2.34mg (15.58%), Vitamin C: 12.41mg (15.05%), Vitamin B2: 0.22mg (12.85%), Iron: 2.27mg (12.63%), Folate: 30.79µg (7.7%), Vitamin B12: 0.45µg (7.51%), Calcium: 52.2mg (5.22%), Vitamin D: 0.28µg (1.89%)