



Herb-Crusted Chicken and Parsley Orzo

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 tablespoons butter divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 teaspoons fines herbes dried
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless

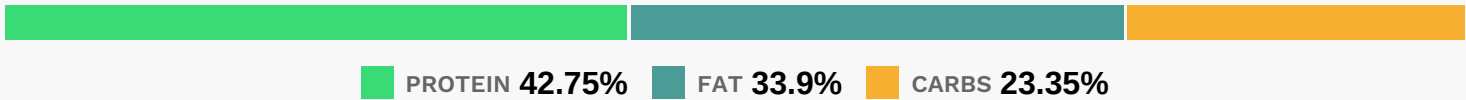
Equipment

☐ frying pan

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain. Stir in parsley, 2 teaspoons butter, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Keep warm.
- ☐ While pasta cooks, sprinkle chicken with the remaining 1/4 teaspoon salt and the remaining 1/8 teaspoon pepper; sprinkle fines herbes over both sides of chicken, pressing gently to adhere.
- ☐ Melt remaining 4 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add chicken to pan; cook 5 minutes or until browned. Turn chicken over; cook 7 minutes or until done.
- ☐ Remove chicken from pan; let stand for 3 minutes.
- ☐ Serve chicken over orzo mixture.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:8.48, Inflammation Score:-5, Nutrition Score:22.816086805385%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 383.18kcal (19.16%), Fat: 14.1g (21.69%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.48g (7.45%), Sugar: 0.79g (0.88%), Cholesterol: 123.91mg (41.3%), Sodium: 536.46mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40g (80%), Selenium: 72.33µg (103.33%), Vitamin B3: 18.3mg

(91.5%), Vitamin B6: 1.32mg (66.09%), Vitamin K: 53.11µg (50.59%), Phosphorus: 415.41mg (41.54%), Vitamin B5: 2.56mg (25.63%), Potassium: 714.73mg (20.42%), Manganese: 0.38mg (19.1%), Magnesium: 62.69mg (15.67%), Iron: 2.39mg (13.28%), Vitamin B2: 0.2mg (11.5%), Zinc: 1.47mg (9.83%), Vitamin B1: 0.14mg (9.43%), Vitamin A: 433.12IU (8.66%), Vitamin E: 1.11mg (7.41%), Copper: 0.14mg (7.03%), Vitamin C: 5.2mg (6.3%), Vitamin B12: 0.35µg (5.87%), Fiber: 1.37g (5.47%), Folate: 17.88µg (4.47%), Calcium: 38.52mg (3.85%), Vitamin D: 0.17µg (1.13%)