



Lemon Chicken with Currants and Pine Nuts

 Gluten Free

READY IN



81 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon capers rinsed drained
- ☐ 2 tablespoons currants dried
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup pinenuts toasted
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

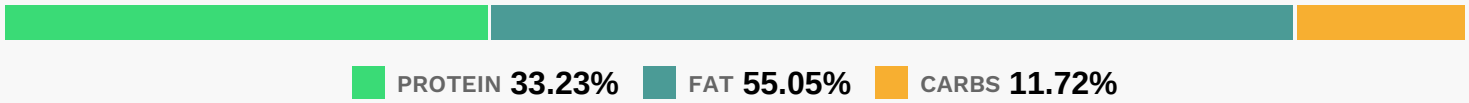
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients and 2 tablespoons oil in a large zip-top plastic bag; seal and shake to blend.
- ☐ Add chicken to bag; seal, turning to coat. Refrigerate 1 hour.
- ☐ Preheat oven to 375
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Remove chicken from bag, draining well and reserving marinade.
- ☐ Add chicken to pan; cook 2 minutes or until browned. Turn chicken over.
- ☐ Place skillet in oven; bake at 375 for 15 minutes or until a thermometer registers 160
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ While chicken cooks, pour reserved marinade into a medium saucepan.
- ☐ Add chicken broth and next 3 ingredients (through capers). Bring to a boil; reduce heat and simmer, uncovered, 2 minutes or until sauce is reduced to about 3/4 cup.
- ☐ Remove from heat; stir in basil.
- ☐ Place 1 chicken breast on each of 4 plates.

- ☐
- Drizzle evenly with sauce, and sprinkle evenly with pine nuts.
- ☐
- Tip: This is one of those recipes where you need to have all your ingredients prepped and ready so you're not running around at the end.

Nutrition Facts



Properties

Glycemic Index:64.82, Glycemic Load:3.85, Inflammation Score:-5, Nutrition Score:23.506956281869%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 459.05kcal (22.95%), Fat: 28.38g (43.65%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.59g (4.58%), Sugar: 9.81g (10.9%), Cholesterol: 123.91mg (41.3%), Sodium: 620.36mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.07%), Vitamin B3: 18.42mg (92.12%), Selenium: 55.02µg (78.59%), Vitamin B6: 1.34mg (67.18%), Manganese: 1.14mg (57.09%), Phosphorus: 436.92mg (43.69%), Vitamin B5: 2.51mg (25.13%), Potassium: 821.65mg (23.48%), Vitamin E: 3.11mg (20.75%), Magnesium: 78.88mg (19.72%), Vitamin K: 20.62µg (19.64%), Vitamin B2: 0.22mg (12.91%), Copper: 0.24mg (12.19%), Zinc: 1.81mg (12.07%), Vitamin B1: 0.17mg (11.4%), Vitamin C: 9.39mg (11.38%), Iron: 1.63mg (9.05%), Vitamin A: 319.04IU (6.38%), Vitamin B12: 0.35µg (5.87%), Folate: 16.33µg (4.08%), Fiber: 1g (3.98%), Calcium: 28.28mg (2.83%), Vitamin D: 0.17µg (1.13%)