



Lemon-Cumin Chicken

 **Gluten Free**

READY IN



270 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach leaves packed
- 0.5 teaspoon pepper black freshly ground
- 1.5 cups mint leaves fresh packed (1 large bunch)
- 1 clove garlic peeled smashed
- 2 cloves garlic minced
- 1 tablespoon ground cumin
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt

- 0.3 cup juice of lemon fresh (from 1 large lemon)
- 2 teaspoons juice of lemon fresh (from)
- 1 lemon zest
- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil extra-virgin
- 0.5 cup parmesan grated
- 0.3 teaspoon pepper flakes red crushed
- 16 ounce chicken breasts boneless skinless
- 0.3 cup walnuts toasted chopped (see Cook's Note)

Equipment

- food processor
- bowl
- whisk
- grill
- ziploc bags
- grill pan

Directions

- For the marinade: In a medium bowl, whisk together the oil, lemon zest, lemon juice, garlic, cumin, salt and pepper flakes until smooth.
- Add the chicken and toss until coated with the marinade. Cover and refrigerate for at least 4 hours or overnight. (Can also be made in a resealable plastic bag.)
- For the pesto: In a food processor, blend the mint, spinach, cheese, walnuts, garlic, lemon juice, salt and pepper until chunky. With the machine running, slowly add the olive oil until smooth.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Spray the grill lightly with vegetable oil cooking spray.
- Remove the chicken from the marinade. Discard the marinade. Grill the chicken until cooked through, 4 to 5 minutes on each side.
- Place on a platter and serve with the pesto.

Nutrition Facts

PROTEIN 28.27% FAT 64.87% CARBS 6.86%

Properties

Glycemic Index:44, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:23.803913297861%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 437.22kcal (21.86%), Fat: 32.03g (49.28%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.96g (1.07%), Cholesterol: 81.07mg (27.02%), Sodium: 1220.85mg (53.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.82%), Vitamin B3: 12.44mg (62.18%), Selenium: 40.12µg (57.31%), Vitamin B6: 1mg (49.9%), Vitamin K: 48.97µg (46.63%), Phosphorus: 387.91mg (38.79%), Manganese: 0.74mg (37.21%), Vitamin A: 1613.22IU (32.26%), Calcium: 235.02mg (23.5%), Vitamin C: 18.58mg (22.53%), Vitamin E: 3.32mg (22.12%), Magnesium: 77.79mg (19.45%), Potassium: 674.59mg (19.27%), Vitamin B5: 1.84mg (18.36%), Iron: 3.09mg (17.14%), Copper: 0.28mg (14.21%), Vitamin B2: 0.24mg (14.2%), Folate: 52.79µg (13.2%), Zinc: 1.65mg (11.01%), Fiber: 2.69g (10.77%), Vitamin B1: 0.15mg (10%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.18µg (1.17%)