



Lemon Ginger Poached Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted ripe halved chopped
- ☐ 2 cups black beans canned rinsed
- ☐ 0.5 cup carrots peeled chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup ginger minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.3 cup green onion chopped

- ☐ 1 juice of lime juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4 lemongrass stalks
- ☐ 4 lemons halved
- ☐ 1 large onion peeled chopped
- ☐ 1 teaspoon parsley leaves minced
- ☐ 1 teaspoon peppercorns
- ☐ 0.5 cup yogurt plain
- ☐ 0.3 cup onion red chopped
- ☐ 1 teaspoon sea salt
- ☐ 36 ounce chicken breasts boneless skinless
- ☐ 1 large vine-ripened tomato diced
- ☐ 1 gallon water
- ☐ 2 tablespoons balsamic vinegar white

Equipment

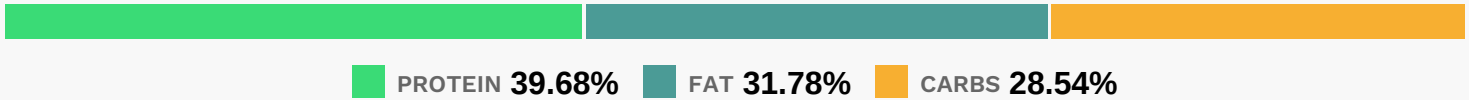
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ cutting board

Directions

- ☐ In a food processor, pulse the avocado and yogurt until smooth.
- ☐ Transfer to a small bowl, fold in the lime juice and refrigerate.
- ☐ In a large stockpot over high heat, combine the water, celery, onion, carrots, lemons, ginger, lemongrass stalks, wine, sea salt and peppercorns. Bring to a boil, then reduce heat to a low simmer and add chicken breasts. Cover and cook for 15 to 17 minutes.

- ☐
- Remove the chicken from the liquid and let rest on a cutting board for 5 minutes. While the chicken is resting, heat the grapeseed oil in a medium saucepan over medium heat.
- ☐
- Add the red onion and cook until soft. Reduce the heat and add the black beans, tomatoes, green onion, parsley, and vinegar. Season with salt and pepper, to taste. Stir occasionally, allowing the flavors to blend and the beans to warm, about 4 to 5 minutes.
- ☐
- Remove from the heat, and spoon the mixture onto a platter. Slice the chicken and serve on top of the beans with a drizzle of avocado yogurt.

Nutrition Facts



Properties

Glycemic Index:86.22, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:33.800869278286%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 15.49mg, Eriodictyol: 15.49mg, Eriodictyol: 15.49mg, Eriodictyol: 15.49mg Hesperetin: 20.7mg, Hesperetin: 20.7mg, Hesperetin: 20.7mg, Hesperetin: 20.7mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 449.82kcal (22.49%), Fat: 15.29g (23.52%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 20.85g (7.58%), Sugar: 7.24g (8.04%), Cholesterol: 111.52mg (37.17%), Sodium: 872.06mg (37.92%), Alcohol: 4.12g (100%), Alcohol %: 0.46% (100%), Protein: 42.96g (85.91%), Vitamin B3: 19.29mg (96.47%), Selenium: 56.44µg (80.63%), Vitamin B6: 1.58mg (79.07%), Vitamin C: 55.38mg (67.13%), Phosphorus: 507.54mg (50.75%), Vitamin A: 2261.56IU (45.23%), Fiber: 10.05g (40.21%), Potassium: 1393.84mg (39.82%), Manganese: 0.69mg (34.48%), Vitamin B5: 3.38mg (33.84%), Magnesium: 109.99mg (27.5%), Folate: 101µg (25.25%), Vitamin K: 24.27µg (23.12%), Vitamin B2: 0.37mg (21.76%), Copper: 0.43mg (21.66%), Vitamin B1: 0.29mg (19.43%), Vitamin E: 2.81mg (18.72%), Iron: 3.16mg (17.56%), Zinc: 2.06mg (13.76%), Calcium: 128.29mg (12.83%), Vitamin B12: 0.42µg (6.93%), Vitamin D: 0.19µg (1.27%)