



## Lemon-Olive Chicken with Minted Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup chickpeas canned drained (garbanzo beans)
- 12 ounce skinned chicken breast halves
- 2 servings minted couscous
- 16 ounce less-sodium chicken broth fat-free canned
- 1 teaspoon flour all-purpose
- 1 large garlic clove minced
- 0.3 cup olives green sliced
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground cumin
- 4 slices optional: lemon
- 1 teaspoon olive oil divided
- 0.5 cup onion separated thinly sliced
- 0.3 teaspoon paprika
- 0.5 cup water

## Equipment

- frying pan

## Directions

- Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 4 minutes on each side or until browned.
- Remove chicken from pan; set aside.
- Heat 1/2 teaspoon olive oil in pan over medium heat.
- Add onion and garlic, and saut 3 minutes. Stir in flour, cumin, cinnamon, and paprika; saut 30 seconds.
- Add broth and water; bring to a simmer.
- Add chicken and lemon slices; cover and simmer 30 minutes or until chicken is done. Stir in chickpeas and olives, and cook until thoroughly heated.
- Serve over Minted Couscous.
- Garnish with sliced mint leaves, if desired.

## Nutrition Facts



**PROTEIN 35.7%** **FAT 18.15%** **CARBS 46.15%**

## Properties

Glycemic Index:143.92, Glycemic Load:32.97, Inflammation Score:-7, Nutrition Score:28.842173913251%

## Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

## Nutrients (% of daily need)

Calories: 556.11kcal (27.81%), Fat: 11.08g (17.05%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 63.41g (21.14%), Net Carbohydrates: 55.81g (20.29%), Sugar: 2.54g (2.83%), Cholesterol: 108.86mg (36.29%), Sodium: 1552.54mg (67.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.05g (98.1%), Vitamin B3: 21.47mg (107.33%), Selenium: 61.53µg (87.9%), Vitamin B6: 1.72mg (86.22%), Manganese: 1.18mg (58.85%), Phosphorus: 552.77mg (55.28%), Vitamin B5: 3.73mg (37.31%), Fiber: 7.6g (30.39%), Potassium: 987.75mg (28.22%), Magnesium: 99.27mg (24.82%), Copper: 0.39mg (19.5%), Vitamin B1: 0.29mg (19.05%), Vitamin B2: 0.3mg (17.68%), Iron: 3.05mg (16.94%), Vitamin C: 13mg (15.76%), Zinc: 2.08mg (13.87%), Vitamin B12: 0.79µg (13.23%), Folate: 46.86µg (11.72%), Vitamin E: 1.39mg (9.24%), Calcium: 88.1mg (8.81%), Vitamin A: 260.52IU (5.21%), Vitamin K: 2.35µg (2.24%), Vitamin D: 0.17µg (1.13%)