



Lemon-Olive Grilled Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons dijon honey mustard
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest divided grated
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 cup pimienta stuffed olives sliced
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 cup couscous whole-wheat

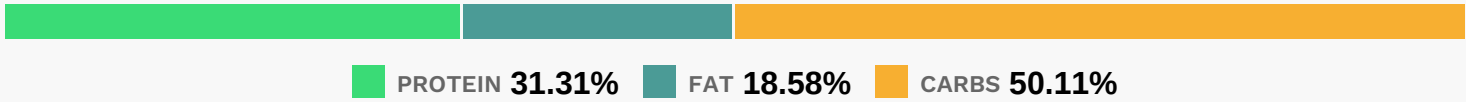
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat grill with cooking spray.
- ☐ Place chicken on grill. Cook 5 minutes per side or until chicken is cooked through.
- ☐ Combine 1 teaspoon lemon rind with mustard; brush over chicken.
- ☐ Bring the chicken broth to a boil in a saucepan. Stir in the couscous.
- ☐ Remove from heat; cover, let stand 5 minutes.
- ☐ In a bowl, combine remaining lemon rind, olives, and remaining ingredients. Stir couscous into olive mixture. Spoon onto 4 plates; top with chicken.
- ☐ Wine note: With its rustic spiciness and zingy acidity, no other grape goes better with olives than sangiovese, the grape in Italian Chianti. So look for a good Chianti such as Da Vinci (around \$16).

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:14.069130374038%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 410.02kcal (20.5%), Fat: 8.74g (13.45%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 47.16g (17.15%), Sugar: 2.9g (3.23%), Cholesterol: 72.57mg (24.19%), Sodium: 838.3mg (36.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 33.15g (66.3%), Vitamin B3: 12.44mg (62.19%), Selenium: 38.64µg (55.2%), Vitamin B6: 0.87mg (43.67%), Phosphorus: 250.87mg (25.09%), Fiber: 5.88g (23.53%), Vitamin B5: 1.75mg (17.5%), Iron: 2.57mg (14.3%), Potassium: 466.12mg (13.32%), Magnesium: 33.52mg (8.38%), Vitamin B2: 0.14mg (8.09%), Vitamin E: 1.16mg (7.75%), Vitamin B12: 0.43µg (7.09%), Vitamin K: 6.02µg (5.73%), Vitamin B1: 0.08mg (5.66%), Vitamin C: 3.96mg (4.8%), Zinc: 0.7mg (4.65%), Calcium: 42.69mg (4.27%), Copper: 0.08mg (3.83%), Vitamin A: 154.37IU (3.09%), Manganese: 0.06mg (2.79%), Folate: 7.58µg (1.9%)