



Lime Chicken with Cilantro Cream Sauce and Roasted Zucchini

READY IN



135 min.

SERVINGS



2

CALORIES



1100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 cherry tomatoes quartered
- ☐ 0.3 cup chicken broth
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 bunch green onions thinly sliced
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons juice of lime
- ☐ 8 ounce pasta
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon salt
- ☐ 2 chicken breast halves boneless skinless
- ☐ 0.3 cup white wine
- ☐ 1 large zucchini quartered

Equipment

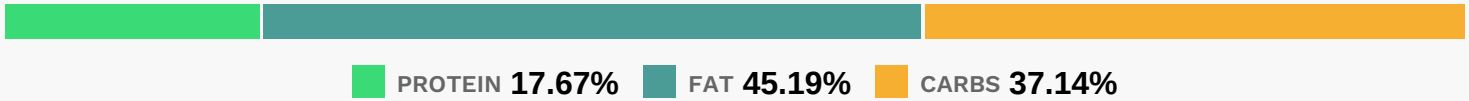
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ colander
- ☐ pastry brush

Directions

- ☐ Whisk together 1/4 cup lime juice, garlic powder, cumin, salt, and pepper in a large bowl; add the chicken breasts. Cover and refrigerate 1 to 2 hours, turning the chicken occasionally.
- ☐ Preheat an oven to 425 degrees F (220 degrees C).

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Transfer linguine to a large mixing bowl; add 2 tablespoons olive oil, the Parmesan cheese, and the quartered cherry tomatoes; toss until the pasta is evenly coated in oil.
- ☐ Heat 1 tablespoon olive oil in a skillet over medium heat. Cook the chicken breasts, turning once, until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Meanwhile, lie the zucchini on a baking sheet. Coat the zucchini with 1 tablespoon olive oil with a pastry brush.
- ☐ Place zucchini on middle rack in the oven, and bake, turning every 5 minutes, until nicely browned, 15 to 20 minutes.
- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Add the cilantro and garlic, cook and stir 1 minute.
- ☐ Pour in the wine, chicken broth, and 2 tablespoons lime juice, and return to a simmer.
- ☐ Transfer the mixture to a blender and blend until smooth. Return the mixture to the sauce pan and stir in the cream and green onions; bring to a boil and remove from heat.
- ☐ Lie the zucchini pieces side by side on a serving platter; lie the chicken breasts on the zucchini; pour the cilantro cream sauce over the chicken.
- ☐ Serve with the pasta on the side.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:35.31, Inflammation Score:-9, Nutrition Score:39.561304278996%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg

0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 1099.58kcal (54.98%), Fat: 54.41g (83.71%), Saturated Fat: 28.5g (178.13%), Carbohydrates: 100.64g (33.55%), Net Carbohydrates: 94.28g (34.28%), Sugar: 11.55g (12.84%), Cholesterol: 196.17mg (65.39%), Sodium: 789.27mg (34.32%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 47.87g (95.75%), Selenium: 115.83µg (165.47%), Manganese: 1.61mg (80.52%), Vitamin B3: 15.13mg (75.63%), Vitamin B6: 1.45mg (72.49%), Phosphorus: 674.35mg (67.43%), Vitamin C: 55.38mg (67.12%), Vitamin K: 54.73µg (52.12%), Vitamin A: 2597.31IU (51.95%), Potassium: 1447.67mg (41.36%), Magnesium: 143.51mg (35.88%), Vitamin B2: 0.56mg (32.7%), Vitamin B5: 2.83mg (28.28%), Copper: 0.55mg (27.61%), Fiber: 6.36g (25.44%), Zinc: 3.77mg (25.14%), Calcium: 245.06mg (24.51%), Folate: 88.51µg (22.13%), Vitamin E: 3.24mg (21.61%), Vitamin B1: 0.32mg (21.29%), Iron: 3.66mg (20.32%), Vitamin B12: 0.53µg (8.86%), Vitamin D: 1.13µg (7.52%)