



Low-Fat Chicken with Watercress Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bay leaf
- 4 peppercorns whole black
- 4 large chicken breast halves on the bone with skin
- 1 cup bulgur
- 1 medium carrots coarsely chopped
- 1 medium rib celery coarsely chopped
- 1 cucumber thinly sliced
- 0.3 cup flat-leaf parsley finely chopped

- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1 medium onion coarsely chopped
- 4 servings pepper freshly ground
- 0.5 tablespoon rice vinegar
- 4 servings salt
- 4 servings salt and pepper freshly ground
- 2 medium tomatoes cut into 1/3-inch dice
- 3 cups watercress plus sprigs whole packed stemmed for garnish

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- knife
- tongs

Directions

- In a large nonreactive saucepan, combine the celery, carrot, onion, peppercorns, bay leaf, thyme and 8 cups of water. Bring to a boil over high heat. Reduce the heat to moderately low, cover and simmer for 10 minutes.
- Add the chicken breasts to the pan skin side down.
- Place a plate directly on top of the chicken to keep it submerged. Reduce the heat to low and poach very gently for 30 minutes.
- Remove from the heat and let rest for 15 minutes.
- Using tongs, transfer the chicken to a plate and let cool completely. Reserve the broth for another use. (The chicken can be cooked up to 1 day ahead. Wrap and refrigerate overnight.

- Remove from the refrigerator about 1/2 hour before serving.)
- Make the pesto: In a food processor, finely chop the watercress, scraping down the bowl as necessary. With the motor running, add the lemon juice, olive oil, vinegar and 1 tablespoon of water.
- Transfer to a small bowl. Stir in 1/4 teaspoon salt and season with pepper.
- Make the tabbouleh: In a large saucepan, bring 3 cups of water to a boil.
- Add 1/2 teaspoon salt and stir in the bulgur. Cover, reduce the heat to low and cook until tender, about 20 minutes.
- Drain the bulgur and rinse well with cool water.
- Drain again.
- In a large bowl, toss the bulgur with the tomatoes, parsley, lemon juice and olive oil. Season with salt and pepper.
- Skin the chicken with a sharp knife and using the breastbone as your guide, cut off the meat. Thinly slice the chicken on the diagonal. Fan out the cucumber slices in a semicircle on 4 large plates. Spoon the tabbouleh in the center. Fan the chicken slices on the other side and top with the watercress pesto.
- Garnish with watercress sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:95.96, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:32.81043494266%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg

Nutrients (% of daily need)

Calories: 386.72kcal (19.34%), Fat: 14.3g (22%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 27.22g (9.9%), Sugar: 5.07g (5.63%), Cholesterol: 72.32mg (24.11%), Sodium: 554.67mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Vitamin K: 165.74µg (157.85%), Vitamin A: 4390.9IU (87.82%), Vitamin B3: 14.28mg (71.4%), Manganese: 1.37mg (68.37%), Vitamin B6: 1.15mg (57.57%), Selenium: 37.46µg (53.52%), Vitamin C: 37.1mg (44.97%), Phosphorus: 405.71mg (40.57%), Fiber: 8.95g (35.8%), Potassium: 1025.41mg (29.3%), Magnesium: 116.08mg (29.02%), Vitamin B5: 2.4mg (24.03%), Vitamin B1: 0.25mg (16.83%), Vitamin E: 2.52mg (16.8%), Copper: 0.29mg (14.35%), Vitamin B2: 0.24mg (13.99%), Folate: 54.13µg (13.53%), Iron: 2.18mg (12.09%), Zinc: 1.74mg (11.59%), Calcium: 85.74mg (8.57%), Vitamin B12: 0.23µg (3.77%)