



## Mediterranean Chicken and Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons balsamic vinaigrette kraft
- 2 teaspoons canola oil
- 0.8 cup cheese shredded kraft
- 2 cups grape tomatoes halved
- 0.3 cup olive green pitted halved
- 1 cup chicken broth
- 1 small onion halved thinly sliced
- 0.3 cup flat parsley italian chopped
- 16 ounce chicken breast boneless skinless

0.7 cup couscous whole wheat uncooked

## Equipment

frying pan

sauce pan

## Directions

Bring broth to boil in small saucepan on medium-high heat.

Add couscous.

Remove from heat; cover.

Let stand 5 min.

Meanwhile, heat oil in large nonstick skillet on medium-high heat.

Add chicken; cook 6 to 7 min. on each side or until browned on both sides and done (170 degrees F).

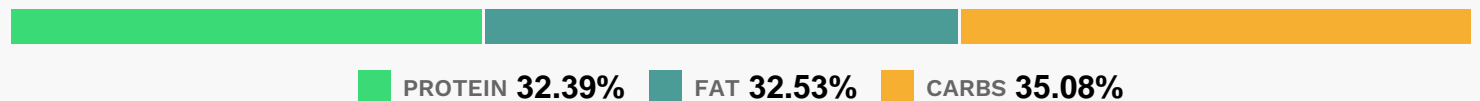
Transfer to plate; cover to keep warm.

Heat dressing in same skillet.

Add onions; cook and stir 5 to 6 min. or until crisp-tender. Stir in tomatoes and olives; cook 1 to 2 min. until just heated through.

Add 2 Tbsp. parsley to couscous; mix lightly. Spoon onto platter; top with chicken, tomato mixture, cheese and remaining parsley.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:21.263043315514%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.66mg, Myricetin: 0.66mg,

Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

## **Nutrients (% of daily need)**

Calories: 439.91kcal (22%), Fat: 16.29g (25.06%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.47g (12.53%), Sugar: 4.14g (4.6%), Cholesterol: 89.16mg (29.72%), Sodium: 520.31mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.49g (72.98%), Vitamin K: 69.71µg (66.39%), Vitamin B3: 13.19mg (65.95%), Selenium: 40.02µg (57.18%), Vitamin B6: 0.95mg (47.48%), Phosphorus: 355.64mg (35.56%), Vitamin A: 1145.97IU (22.92%), Vitamin C: 17.85mg (21.64%), Potassium: 712.71mg (20.36%), Fiber: 5.05g (20.21%), Vitamin B5: 1.75mg (17.5%), Calcium: 150.04mg (15%), Iron: 2.39mg (13.3%), Vitamin B12: 0.76µg (12.74%), Vitamin B2: 0.21mg (12.57%), Magnesium: 47.02mg (11.76%), Zinc: 1.53mg (10.2%), Vitamin E: 1.36mg (9.07%), Vitamin B1: 0.12mg (7.97%), Manganese: 0.14mg (6.84%), Folate: 26.46µg (6.61%), Copper: 0.13mg (6.48%), Vitamin D: 0.2µg (1.32%)