



Mojito Chicken and Roasted Asparagus with Almonds

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus
- 1 pound cut-up chicken breasts boneless skinless
- 1 cup couscous cooked
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic minced
- 4 servings salt and ground pepper fresh black
- 0.5 cup juice of lime fresh

- 1 teaspoon lime zest finely grated
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 0.5 cup rum
- 0.3 cup slivered almonds
- 1 tablespoon sugar

Equipment

- frying pan
- baking sheet
- oven
- wooden spoon

Directions

- Preheat oven to 400 degrees F
- Coat a large baking sheet with cooking spray.
- Arrange asparagus on baking sheet and spray with cooking spray. Season with salt and black pepper. Roast 10 minutes. Top the asparagus with almonds and roast 5 more minutes, until fork-tender and almonds are golden brown.
- Remove from the oven and set aside.
- Meanwhile, heat oil in a large skillet over medium heat.
- Add onion, garlic and sugar and cook 3 minutes, until soft stirring with wooden spoon.
- Add chicken and saute 3 to 5 minutes, until golden brown on all sides.
- Add lime juice and carefully, off the heat, add the rum. Return to the heat and add lime zest, salt, pepper and bring to a simmer. Simmer for 3 minutes, until chicken is cooked through, about 12 to 15 minutes.
- Serve chicken, garnished with mint, over couscous with the almond topped asparagus on the side.

Nutrition Facts



■ PROTEIN 40.68% ■ FAT 24.55% ■ CARBS 34.77%

Properties

Glycemic Index:78.27, Glycemic Load:9.59, Inflammation Score:-9, Nutrition Score:33.493043194646%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 14.11mg, Isorhamnetin: 14.11mg, Isorhamnetin: 14.11mg, Isorhamnetin: 14.11mg Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 35.97mg, Quercetin: 35.97mg, Quercetin: 35.97mg, Quercetin: 35.97mg

Nutrients (% of daily need)

Calories: 376.37kcal (18.82%), Fat: 8.73g (13.43%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 20.89g (7.6%), Sugar: 8.97g (9.97%), Cholesterol: 72.57mg (24.19%), Sodium: 141.04mg (6.13%), Alcohol: 10.02g (100%), Alcohol %: 2.67% (100%), Protein: 32.54g (65.09%), Vitamin K: 96.27µg (91.69%), Selenium: 52.94µg (75.63%), Vitamin B3: 14.81mg (74.03%), Vitamin B6: 1.14mg (57.18%), Phosphorus: 413mg (41.3%), Vitamin A: 1884.6IU (37.69%), Folate: 141.46µg (35.37%), Manganese: 0.67mg (33.51%), Iron: 5.95mg (33.04%), Vitamin E: 4.92mg (32.79%), Vitamin B2: 0.54mg (31.87%), Vitamin C: 26.12mg (31.67%), Vitamin B1: 0.46mg (30.64%), Potassium: 1039.07mg (29.69%), Copper: 0.58mg (29.14%), Fiber: 6.91g (27.65%), Vitamin B5: 2.5mg (24.97%), Magnesium: 89.85mg (22.46%), Zinc: 2.32mg (15.44%), Calcium: 100.44mg (10.04%), Vitamin B12: 0.23µg (3.78%)