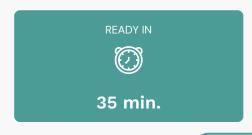


# **Moroccan-Spiced Chicken Paillards**

**Gluten Free** 



0.3 cup orange juice





LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

O.3 teaspoon pepper black
1.8 lb chicken breast boneless (1/; see cooks' note, below)
1 stick cinnamon (3-inch)
0.5 teaspoon ground cumin
1 tablespoon honey
1 teaspoon juice of lemon fresh
2 tablespoons olive oil

	O.5 teaspoon paprika hot (not )	
	0.3 teaspoon pepper dried red hot	
	1.3 teaspoons salt	
	2 tablespoons butter unsalted	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	sieve	
	plastic wrap	
	grill	
	aluminum foil	
	grill pan	
	meat tenderizer	
Directions		
	Heat grill pan over moderate heat until hot.	
	Meanwhile, simmer all sauce ingredients except butter in a 1-quart saucepan, uncovered, stirring occasionally, 2 minutes. Set aside while cooking chicken.	
	Cook cumin, paprika, and pepper in oil in a small skillet over moderately low heat, stirring, until fragrant, about 2 minutes.	
	Transfer to a small bowl, reserving skillet for sauce (do not clean).	
	Brush some spiced oil on 1 side of each paillard, then sprinkle with some salt. Arrange 2 paillards in grill pan, oiled sides down, and brush tops with some of spiced oil, then sprinkle with some salt. Grill 2 minutes, then turn over and grill until just cooked through, about 3 minutes more.	
	Transfer to a platter and cover with foil. Grill remaining paillards in same manner, transferring to platter.	
	Pour sauce through a medium-mesh sieve into reserved small skillet, discarding solids.	

	Add any juices from chicken accumulated on platter to sauce and bring to a boil.	
	Remove from heat, then add butter and swirl skillet until butter is just incorporated. Season sauce with salt and spoon over chicken.	
	Some sliced chicken breasts may not be of an even thickness. If necessary, put each paillard between 2 sheets of plastic wrap and pound with flat side of a meat pounder until about 1/4 inch thick.	
Nutrition Facts		
	PROTEIN 47.17% FAT 44.92% CARBS 7.91%	

#### **Properties**

Glycemic Index:40.32, Glycemic Load:3.12, Inflammation Score:-5, Nutrition Score:20.956086749616%

#### **Flavonoids**

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 365.98kcal (18.3%), Fat: 17.97g (27.65%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.42g (2.34%), Sugar: 5.71g (6.34%), Cholesterol: 142.06mg (47.35%), Sodium: 960.95mg (41.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 42.46g (84.93%), Vitamin B3: 20.83mg (104.17%), Selenium: 63.72µg (91.03%), Vitamin B6: 1.51mg (75.27%), Phosphorus: 424.53mg (42.45%), Vitamin B5: 2.88mg (28.82%), Potassium: 789.21mg (22.55%), Magnesium: 55.92mg (13.98%), Vitamin C: 10.7mg (12.97%), Vitamin B2: 0.21mg (12.55%), Vitamin E: 1.71mg (11.37%), Manganese: 0.22mg (11.08%), Vitamin B1: 0.14mg (9.64%), Vitamin A: 432.18IU (8.64%), Zinc: 1.22mg (8.17%), Vitamin B12: 0.41µg (6.81%), Iron: 1.16mg (6.45%), Vitamin K: 5.94µg (5.66%), Copper: 0.07mg (3.7%), Folate: 13.41µg (3.35%), Fiber: 0.7g (2.79%), Calcium: 26.85mg (2.69%), Vitamin D: 0.3µg (2.02%)