



Moroccan-Spiced Chicken Paillards

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 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
- ☐ 0.3 cup orange juice

- ☐ 0.5 teaspoon paprika hot (not)
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 1.3 teaspoons salt
- ☐ 2 tablespoons butter unsalted

Equipment

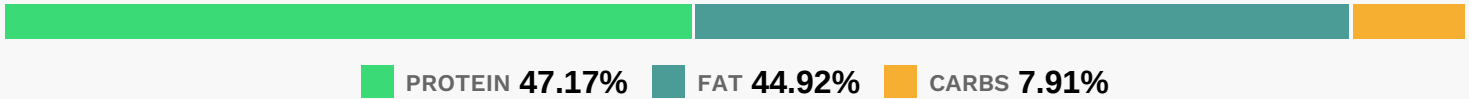
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ meat tenderizer

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



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, Hesperetin: 2.03mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 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 %: 0% (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%)