



 **90%**
HEALTH SCORE

Mustard-Glazed Chicken with Arugula and Bok Choy

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounce baby arugula
- 2 heads bok choy halved lengthwise
- 0.3 cup canola oil
- 1.5 teaspoons soya sauce low-sodium
- 0.5 teaspoon mirin
- 4 teaspoons ground mustard dry
- 1 tablespoon rice vinegar

- 4 servings salt and pepper freshly ground
- 24 ounces chicken breast halves boneless skinless
- 0.8 teaspoon sugar
- 4 teaspoons water

Equipment

- bowl
- frying pan
- oven
- whisk
- cutting board

Directions

- Preheat the oven to 42
- In a bowl, stir the mustard with the water, mirin, 1 teaspoon of the soy and 1/2 teaspoon of the sugar.
- In an ovenproof skillet, heat 1 tablespoon of the oil. Season the chicken with salt and pepper and cook over high heat until golden, 2 minutes. Flip the chicken and brush with the mustard; transfer to the oven and roast for 8 minutes, or until cooked through.
- Transfer the chicken to a cutting board and let rest for 5 minutes; slice. Wipe out the skillet.
- Meanwhile, steam the bok choy for 5 minutes.
- Drain; pat dry. In the same skillet, heat 1 tablespoon of the oil.
- Add the bok choy cut side down and cook over high heat, turning once, until browned, 3 minutes.
- Transfer to a platter; season with salt and pepper. Arrange the chicken over the bok choy.
- In a bowl, whisk the vinegar with the remaining oil, soy sauce and sugar; season with salt and pepper.
- Add the arugula and toss; arrange over the chicken and serve.

Nutrition Facts



■ PROTEIN 43.32% ■ FAT 44.75% ■ CARBS 11.93%

Properties

Glycemic Index:38.02, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:47.206956609436%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 30.55mg, Kaempferol: 30.55mg, Kaempferol: 30.55mg, Kaempferol: 30.55mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 396.89kcal (19.84%), Fat: 20.21g (31.1%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.72g (7.47%), Cholesterol: 108.86mg (36.29%), Sodium: 746.55mg (32.46%), Alcohol: 0.06g (100%), Alcohol %: 0.01% (100%), Protein: 44.02g (88.03%), Vitamin A: 19658.17IU (393.16%), Vitamin C: 196.5mg (238.18%), Vitamin K: 240.16µg (228.72%), Vitamin B6: 2.13mg (106.28%), Vitamin B3: 20.07mg (100.33%), Selenium: 60.83µg (86.91%), Folate: 322.44µg (80.61%), Phosphorus: 550.86mg (55.09%), Potassium: 1840.02mg (52.57%), Calcium: 512.6mg (51.26%), Manganese: 0.87mg (43.34%), Magnesium: 149.47mg (37.37%), Vitamin B5: 2.97mg (29.71%), Vitamin B2: 0.5mg (29.67%), Iron: 4.72mg (26.22%), Vitamin E: 3.41mg (22.75%), Vitamin B1: 0.31mg (20.62%), Fiber: 5.02g (20.1%), Zinc: 2.09mg (13.93%), Copper: 0.18mg (8.81%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)