



Orange Chicken Scaloppine and Sunburst Squash Escabeche with Roasted Pepper Puree

 Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings canola oil for frying
- 0.5 cup chicken broth
- 0.5 cup flour all-purpose
- 1 sprig basil fresh
- 1 sprig mint leaves fresh
- 2 cloves garlic sliced
- 2 tablespoons honey

- 2 servings kosher salt
- 2 servings kosher salt and pepper black freshly ground
- 0.5 cup juice of lemon
- 1 cup juice of lemon
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil
- 0.5 cup orange juice
- 1 cup orange juice
- 4 baby vegetables sliced
- 1 bell pepper red seeded sliced
- 2 chicken breasts boneless skinless thin
- 0.5 cup white wine

Equipment

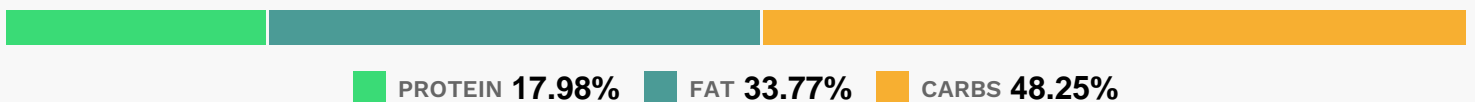
- bowl
- frying pan
- paper towels
- sauce pan
- blender
- colander

Directions

- Put the squash slices in a colander and sprinkle with salt, toss to coat. Put a heavy bowl on top to press down the squash and let sit for 30 minutes.
- Drain the squash, rinse and dry it completely. Fill a deep saute pan with 1-inch of canola oil.
- Heat the oil over medium-high heat and deep-fry the squash slices until golden brown.
- Remove the squash to paper towels to drain.
- Put the squash into a large jar or bowl and add the citrus juices, garlic, honey, mint sprigs and basil. Set aside.

- Heat a large saute pan over medium-high heat and add the olive oil. Dredge the chicken breasts in flour and season with salt and pepper, to taste. Brown both sides of the chicken, about 4 minutes on each side.
- Remove the chicken from the pan then deglaze the pan with wine and reduce until most of wine is cooked off.
- Add the orange juice, lemon juice and broth and reduce by half. Season with salt and pepper, to taste.
- Add the olive oil to a large saucepan over medium heat.
- Add the red pepper and saute until soft, about 10 minutes.
- Transfer the pepper to a blender and add the chicken broth. Blend until smooth. Season with salt and pepper, to taste.
- Arrange 1 chicken breast on each plate with a few slices of the squash. Top with some the red pepper puree and serve.

Nutrition Facts



Properties

Glycemic Index:205.14, Glycemic Load:37.42, Inflammation Score:-10, Nutrition Score:42.138260965762%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 9.4mg, Eriodictyol: 9.4mg, Eriodictyol: 9.4mg, Eriodictyol: 9.4mg Hesperetin: 49mg, Hesperetin: 49mg, Hesperetin: 49mg, Hesperetin: 49mg Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 775.46kcal (38.77%), Fat: 28.86g (44.39%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 92.74g (30.91%), Net Carbohydrates: 85.46g (31.08%), Sugar: 49.05g (54.5%), Cholesterol: 73.5mg (24.5%), Sodium: 557.91mg (24.26%), Alcohol: 6.18g (100%), Alcohol %: 0.72% (100%), Protein: 34.56g (69.12%), Vitamin C: 303.92mg (368.38%), Vitamin B3: 17.42mg (87.11%), Vitamin B6: 1.64mg (81.86%), Folate: 285.85µg (71.46%), Selenium: 48.76µg (69.66%), Vitamin A: 3093.61IU (61.87%), Vitamin B1: 0.82mg (54.75%), Manganese: 1.07mg (53.67%),

Potassium: 1839.87mg (52.57%), Phosphorus: 474.84mg (47.48%), Magnesium: 162.01mg (40.5%), Vitamin E: 5.51mg (36.76%), Vitamin B2: 0.56mg (32.97%), Vitamin K: 33.88µg (32.27%), Vitamin B5: 2.95mg (29.45%), Fiber: 7.28g (29.12%), Copper: 0.58mg (28.91%), Iron: 4.53mg (25.17%), Zinc: 2.4mg (16.02%), Calcium: 128.74mg (12.87%), Vitamin B12: 0.24µg (3.96%)