



Orange-Currant Chicken with Toasted Walnuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup couscous uncooked
- 0.3 cup currants
- 1 teaspoon curry powder
- 2 tablespoons soya sauce low-sodium
- 3 tablespoons orange juice
- 3 tablespoons orange marmalade
- 0.5 teaspoon orange rind grated
- 1 cup bell pepper red chopped

- 1 pound skinned cut into bite-size pieces
- 0.3 cup walnuts toasted chopped
- 1.8 cups water divided

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine first 6 ingredients in a small bowl; set aside.
- Place a nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add chicken and bell pepper saut 4 minutes or until chicken is browned. Stir in 1/4 cup water, scraping pan to loosen browned bits. Stir in currant mixture, and cook chicken over medium heat 2 minutes or until slightly thick. Set chicken aside, and keep warm.
- Bring 1 1/2 cups water to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Serve chicken and sauce over couscous.
- Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:23.79, Inflammation Score:-8, Nutrition Score:22.99173891026%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg,

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 433.27kcal (21.66%), Fat: 8.24g (12.68%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 58.05g (19.35%), Net Carbohydrates: 53.71g (19.53%), Sugar: 19.36g (21.51%), Cholesterol: 72.57mg (24.19%), Sodium: 444.63mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Vitamin B3: 14.15mg (70.74%), Vitamin C: 57.19mg (69.32%), Vitamin B6: 1.11mg (55.35%), Selenium: 37µg (52.85%), Manganese: 0.76mg (38.11%), Phosphorus: 376.37mg (37.64%), Vitamin A: 1251.32IU (25.03%), Vitamin B5: 2.37mg (23.72%), Potassium: 762.91mg (21.8%), Magnesium: 78.44mg (19.61%), Fiber: 4.34g (17.37%), Copper: 0.34mg (16.99%), Vitamin B1: 0.22mg (14.95%), Vitamin B2: 0.24mg (13.84%), Folate: 48.23µg (12.06%), Iron: 1.79mg (9.95%), Zinc: 1.49mg (9.91%), Vitamin E: 1.03mg (6.84%), Calcium: 51.78mg (5.18%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.16µg (3.01%)