



Poached Chicken With Garlic-Herb Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium carrots cut into chunks
- ☐ 1 tablespoon dijon mustard
- ☐ 1 bulb fennel trimmed cut into wedges, plus 1 cup fronds
- ☐ 0.5 cup basil fresh
- ☐ 0.5 cup parsley fresh
- ☐ 1 head garlic separated peeled
- ☐ 0.5 pound green beans trimmed cut into small pieces
- ☐ 4 servings kosher salt

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 1 bunch scallions light white green roughly chopped and parts
- ☐ 1.5 pounds chicken breasts boneless skinless halved
- ☐ 1.5 tablespoons citrus champagne vinegar

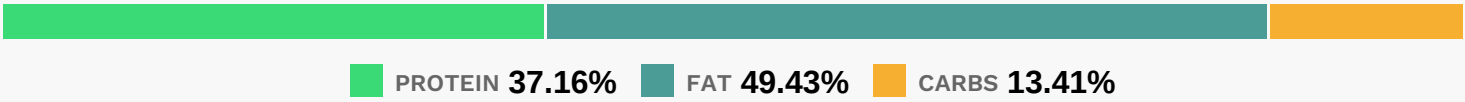
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Fill a large pot halfway with hot water; add 1/2 teaspoon salt, the fennel wedges and carrots. Bring to a boil; cook until the vegetables are crisp-tender, 3 minutes.
- ☐ Remove with a slotted spoon. Reduce the heat to low.
- ☐ Add the garlic, scallions, fennel fronds and chicken to the pot and gently simmer until the chicken is cooked through, 10 to 15 minutes. Fill a bowl with salted ice water.
- ☐ Transfer the chicken to the ice water using tongs; let sit 30 seconds, then remove to a cutting board.
- ☐ Using a slotted spoon, transfer the garlic, scallions and fennel fronds to a blender; add 1/3 cup of the cooking liquid.
- ☐ Add the green beans to the pot, remove from the heat and let sit 5 minutes; drain.
- ☐ Add the olive oil, vinegar, mustard, parsley and basil to the blender and puree; season with pepper.
- ☐ Cut the chicken into pieces and serve with the vegetables; drizzle with the herb sauce.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:83.96, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:34.297391222871%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 417.1kcal (20.86%), Fat: 23.01g (35.4%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 8.69g (3.16%), Sugar: 6.59g (7.32%), Cholesterol: 108.86mg (36.29%), Sodium: 504.54mg (21.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.91g (77.83%), Vitamin K: 226.78µg (215.98%), Vitamin A: 9017.12IU (180.34%), Vitamin B3: 19.16mg (95.82%), Selenium: 56.58µg (80.82%), Vitamin B6: 1.46mg (73.18%), Phosphorus: 437.18mg (43.72%), Vitamin C: 30.36mg (36.81%), Potassium: 1216.46mg (34.76%), Vitamin B5: 2.87mg (28.67%), Manganese: 0.56mg (28.15%), Vitamin E: 3.94mg (26.26%), Fiber: 5.35g (21.39%), Magnesium: 83.55mg (20.89%), Vitamin B2: 0.29mg (17.17%), Folate: 67.62µg (16.91%), Iron: 2.65mg (14.74%), Vitamin B1: 0.21mg (13.98%), Zinc: 1.51mg (10.07%), Calcium: 98.25mg (9.82%), Copper: 0.18mg (8.88%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)