



Poached Chicken with Salsa Verde and Bok Choy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby bok choy halved
- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots chopped
- 0.8 cup celery chopped
- 1 teaspoon coriander seeds crushed

- 0.5 cup less-sodium chicken broth fat-free
- 56 ounce less-sodium chicken broth fat-free canned
- 1 teaspoon fennel seeds
- 2 tablespoons basil fresh minced
- 0.5 cup cilantro leaves fresh minced
- 2 tablespoons flat-leaf parsley fresh minced
- 1 tablespoon ginger fresh grated peeled
- 1 tablespoon tarragon fresh minced
- 3 garlic cloves minced
- 5 garlic cloves minced
- 0.5 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 2 cups kohlrabi bulb peeled sliced
- 1.5 cups leek chopped (1 large)
- 0.3 cup juice of lime fresh
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 1 cup onion chopped
- 12 radishes sliced
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 teaspoons serrano chile finely chopped
- 2 serrano chiles
- 2 tablespoons shallots finely chopped
- 36 ounce chicken breast halves boneless skinless
- 4 cups water

Equipment

- frying pan
- slotted spoon
- dutch oven

Directions

- To prepare chicken, combine first 13 ingredients in a large Dutch oven; bring to a boil. Reduce heat, and simmer 15 minutes.
- Sprinkle 1/2 teaspoon salt and 1/4 teaspoon black pepper over chicken; add chicken to pan. Bring to a boil; reduce heat, and simmer 5 minutes.
- Remove pan from heat. Cover and let stand 30 minutes.
- Remove chicken from pan with a slotted spoon; cut into 1/4-inch-thick slices. Reserve poaching liquid for another use.
- To prepare salsa verde, combine the cilantro and next 9 ingredients (through 3 minced garlic cloves), stirring until well blended.
- To prepare vegetables, heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add shallots and next 5 ingredients (through 3 garlic cloves) to pan; saut 1 minute.
- Add kohlrabi and radishes; saut 2 minutes. Stir in 1/2 cup broth; bring to a simmer. Cook 8 minutes or until vegetables are almost tender.
- Add bok choy; cook 2 minutes or until vegetables are tender.
- Serve with chicken and salsa.

Nutrition Facts



Properties

Glycemic Index:95.47, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:36.686087147049%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.88mg, Luteolin: 0.88mg,

Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 322.9kcal (16.15%), Fat: 9.12g (14.03%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 13.03g (4.74%), Sugar: 6.74g (7.49%), Cholesterol: 108.86mg (36.29%), Sodium: 1828mg (79.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.54g (83.07%), Vitamin A: 9645.89IU (192.92%), Vitamin C: 99.53mg (120.64%), Vitamin B3: 20.19mg (100.95%), Selenium: 62.29µg (88.98%), Vitamin B6: 1.63mg (81.57%), Vitamin K: 49.48µg (47.12%), Phosphorus: 458.27mg (45.83%), Potassium: 1198.89mg (34.25%), Vitamin B5: 3.08mg (30.76%), Manganese: 0.6mg (29.9%), Calcium: 236.42mg (23.64%), Fiber: 5.54g (22.17%), Magnesium: 84.01mg (21%), Iron: 3.77mg (20.94%), Vitamin B2: 0.31mg (18.11%), Vitamin B12: 0.91µg (15.12%), Copper: 0.29mg (14.56%), Vitamin B1: 0.22mg (14.53%), Folate: 56.47µg (14.12%), Vitamin E: 1.57mg (10.45%), Zinc: 1.44mg (9.6%), Vitamin D: 0.17µg (1.13%)