



Pomegranate Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 4 servings garnish: pomegranate arils
- ☐ 1 cup pomegranate juice

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless

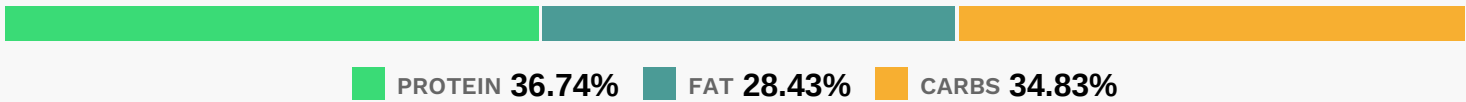
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add 1 teaspoon olive oil; swirl.
- ☐ Add shallots and fresh rosemary; saut 1 minute. Stir in pomegranate juice, agave nectar, and red wine vinegar; bring to a boil. Cook until reduced to 1/2 cup (about 15 minutes), stirring occasionally.
- ☐ Remove from heat; stir in butter.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil; swirl.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add chicken to pan; saut 4 minutes on each side or until browned.
- ☐ Brush chicken with 1/4 cup glaze; cook 1 minute. Turn chicken over; brush with remaining glaze. Cook 1 minute or until chicken is done.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:10.36, Inflammation Score:-5, Nutrition Score:22.48260835461%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 412.59kcal (20.63%), Fat: 13.01g (20.02%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 32.11g (11.68%), Sugar: 29.51g (32.79%), Cholesterol: 116.39mg (38.8%), Sodium: 375.24mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.84g (75.68%), Vitamin B3: 18.25mg (91.24%), Selenium: 55.39µg (79.13%), Vitamin B6: 1.41mg (70.71%), Phosphorus: 400.15mg (40.02%), Vitamin B5: 2.95mg (29.49%), Potassium: 990.73mg (28.31%), Vitamin K: 27.37µg (26.07%), Vitamin C: 13.76mg (16.67%), Magnesium: 60.81mg (15.2%), Folate: 60.77µg (15.19%), Fiber: 3.76g (15.05%), Vitamin B2: 0.25mg (14.75%), Vitamin B1: 0.2mg (13.11%), Vitamin E: 1.95mg (12.99%), Manganese: 0.22mg (11.17%), Copper: 0.2mg (10.23%), Zinc: 1.38mg (9.17%), Iron: 1.1mg (6.1%), Vitamin B12: 0.35µg (5.77%), Calcium: 28.06mg (2.81%), Vitamin A: 139.74IU (2.79%), Vitamin D: 0.17µg (1.13%)