



Quick Saffron Chicken With Couscous

 Dairy Free

READY IN



26 min.

SERVINGS



5

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound chicken breast
- ☐ 1 cup couscous uncooked
- ☐ 1 cup edamame frozen shelled
- ☐ 14 ounce chicken broth fat-free reduced-sodium canned
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon orange zest
- ☐ 0.8 teaspoon paprika divided

- ☐ 4 ounces bottled roasted peppers red rinsed chopped
- ☐ 0.1 teaspoon saffron threads
- ☐ 1 teaspoon salt divided
- ☐ 0.3 cup shallots chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ In a 4-quart pot with a tight-fitting lid, heat olive oil.
- ☐ Saute shallot, 1/2 teaspoon paprika, thyme, and orange zest over medium-high heat, 3 minutes, until shallot softens.
- ☐ Combine saffron and broth in a bowl; stir until saffron dissolves.
- ☐ Add edamame, stock, and 3/4 teaspoon salt to pot, cover, and bring to a boil. As soon as mixture boils, add couscous, stir, and cover tightly for 5 minutes. Uncover, add the peppers, and fluff the mixture with a fork.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle chicken with remaining 1/4 teaspoon paprika and remaining 1/4 teaspoon salt.
- ☐ Add chicken to pan; cook 3 minutes on each side or until done.
- ☐ Remove chicken from pan; place on cutting board.
- ☐ Let sit 2 minutes.
- ☐ Cut chicken diagonally across grain.
- ☐ Serve over couscous.

Nutrition Facts



 PROTEIN **33.25%**  FAT **15.91%**  CARBS **50.84%**

Properties

Glycemic Index:45, Glycemic Load:16.95, Inflammation Score:-6, Nutrition Score:12.784347858118%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 277.86kcal (13.89%), Fat: 4.83g (7.44%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 30.87g (11.22%), Sugar: 2.19g (2.43%), Cholesterol: 43.54mg (14.51%), Sodium: 1184.79mg (51.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.45%), Vitamin B3: 8.94mg (44.7%), Selenium: 23.8µg (34%), Vitamin B6: 0.66mg (33.07%), Phosphorus: 225.68mg (22.57%), Manganese: 0.38mg (19.06%), Vitamin C: 13.49mg (16.36%), Potassium: 561.45mg (16.04%), Vitamin B5: 1.56mg (15.6%), Fiber: 3.88g (15.52%), Iron: 2.02mg (11.23%), Magnesium: 40.48mg (10.12%), Copper: 0.17mg (8.31%), Vitamin B1: 0.12mg (8.15%), Vitamin B2: 0.13mg (7.45%), Vitamin A: 297.93IU (5.96%), Calcium: 56.86mg (5.69%), Zinc: 0.82mg (5.47%), Folate: 19.79µg (4.95%), Vitamin B12: 0.29µg (4.91%), Vitamin E: 0.45mg (3.03%), Vitamin K: 1.47µg (1.4%)