



Roast Chicken Breasts with Garbanzo Beans, Tomatoes, and Paprika



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 12 ounce cherry tomatoes
- ☐ 4 chicken breast halves with bones
- ☐ 1 cup cilantro leaves fresh divided chopped
- ☐ 4 garlic cloves pressed
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.5 cup greek yogurt plain
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 tablespoon paprika smoked

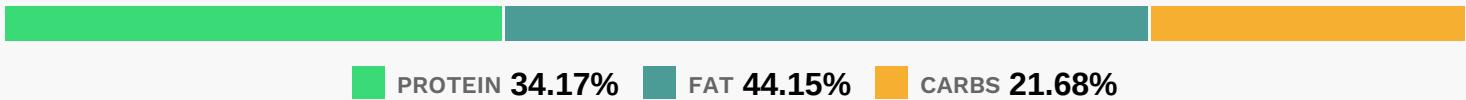
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°.
- ☐ Mix first 5 ingredients in medium bowl.
- ☐ Pour 1 teaspoon spiced oil mixture into small bowl; whisk in yogurt and set aside for sauce.
- ☐ Place chicken on large rimmed baking sheet. Rub 2 tablespoons spiced oil mixture over chicken.
- ☐ Add beans, tomatoes, and 1/2 cup cilantro to remaining spiced oil mixture; toss to coat.
- ☐ Pour bean mixture around chicken.
- ☐ Sprinkle everything generously with salt and pepper.
- ☐ Roast until chicken is cooked through, about 20 minutes.
- ☐ Sprinkle with 1/2 cup cilantro.
- ☐ Transfer chicken to plates. Spoon bean mixture over.
- ☐ Serve with yogurt sauce.
- ☐ *Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty foods stores, and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:4.25, Inflammation Score:-9, Nutrition Score:25.727826139201%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 385.18kcal (19.26%), Fat: 19.09g (29.38%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 14.89g (5.42%), Sugar: 3.21g (3.57%), Cholesterol: 73.57mg (24.52%), Sodium: 453.73mg (19.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.5%), Vitamin B6: 1.52mg (76.02%), Vitamin B3: 12.72mg (63.61%), Selenium: 41.84µg (59.77%), Manganese: 1.09mg (54.7%), Phosphorus: 395.41mg (39.54%), Vitamin A: 1679.34IU (33.59%), Vitamin C: 22.93mg (27.79%), Potassium: 878.56mg (25.1%), Fiber: 6.2g (24.79%), Vitamin K: 24.88µg (23.7%), Vitamin E: 3.36mg (22.41%), Vitamin B5: 2.21mg (22.07%), Magnesium: 75.6mg (18.9%), Iron: 3.26mg (18.13%), Copper: 0.3mg (14.92%), Vitamin B2: 0.25mg (14.89%), Zinc: 1.81mg (12.04%), Folate: 47.45µg (11.86%), Vitamin B1: 0.16mg (10.71%), Calcium: 97.7mg (9.77%), Vitamin B12: 0.4µg (6.68%)