






 **45%**  
HEALTH SCORE

# Roast Chicken with Asparagus and Tahini Sauce

 **Gluten Free**  **Dairy Free**

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**393 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 lb asparagus cut into 2-inch pieces
- 0.5 teaspoon pepper black
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 1.3 teaspoons salt
- 4 chicken breast halves boneless skinless

- 1 teaspoon sugar
- 0.3 cup tahini (Middle Eastern sesame paste)
- 0.3 cup water

## Equipment

- frying pan
- oven
- blender
- baking pan

## Directions

- Put oven racks in middle and lower thirds of oven and preheat oven to 450°F.
- Toss asparagus with 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a 15- by 10-inch shallow baking pan. Roast on bottom rack, shaking pan once or twice, until just tender, about 10 minutes.
- Meanwhile, pat chicken dry and sprinkle all over with 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- Heat remaining 2 tablespoons oil in a 12-inch heavy ovenproof skillet (not nonstick) over moderately high heat until hot but not smoking, then brown chicken, turning over once, until golden, about 6 minutes total.
- Transfer skillet to middle of oven and roast until just cooked through, about 5 minutes.
- While chicken roasts, purée tahini, water, lemon juice, sugar, garlic, and remaining 1/2 teaspoon salt in a blender until smooth, about 1 minute. (
- Add more water if sauce is too thick.)
- Serve chicken and asparagus drizzled with some of sauce and with remaining sauce on the side.

## Nutrition Facts



**PROTEIN 31.82%** **FAT 53.5%** **CARBS 14.68%**

## Properties

Glycemic Index:41.02, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:33.32869569115%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 31.75mg, Quercetin: 31.75mg, Quercetin: 31.75mg, Quercetin: 31.75mg

## Nutrients (% of daily need)

Calories: 392.64kcal (19.63%), Fat: 24.33g (37.44%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.46g (6.07%), Cholesterol: 72.32mg (24.11%), Sodium: 870.79mg (37.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Vitamin K: 101.32µg (96.49%), Vitamin B3: 15.15mg (75.73%), Selenium: 48.39µg (69.13%), Vitamin B6: 1.1mg (54.81%), Phosphorus: 515.38mg (51.54%), Vitamin B1: 0.72mg (47.88%), Copper: 0.79mg (39.59%), Folate: 143.62µg (35.9%), Vitamin A: 1763.76IU (35.28%), Iron: 6.26mg (34.8%), Vitamin E: 4.3mg (28.69%), Potassium: 982.36mg (28.07%), Vitamin B2: 0.46mg (27.02%), Fiber: 5.8g (23.22%), Vitamin B5: 2.25mg (22.49%), Vitamin C: 18.03mg (21.86%), Manganese: 0.42mg (21.13%), Magnesium: 81.41mg (20.35%), Zinc: 2.82mg (18.82%), Calcium: 92.35mg (9.24%), Vitamin B12: 0.23µg (3.77%)