



Roasted Chicken Breasts with Orange, Cardamom and Turmeric



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



912 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cardamom pods
- ☐ 2 chicken breasts bone-in with skin
- ☐ 0.3 teaspoon garam masala
- ☐ 2 cloves garlic finely minced
- ☐ 1 teaspoon ground turmeric
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 servings olive oil extra-virgin

- ☐ 1 orange zest juiced
- ☐ 6 potatoes red peeled sliced
- ☐ 1 shallots finely minced
- ☐ 1 tablespoon butter unsalted softened

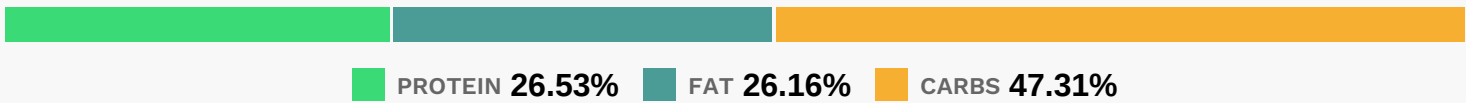
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 500 degrees F.
- ☐ In the bottom of a foil-lined broiler pan, toss the potato slices with a generous drizzle of olive oil and some salt and pepper, to taste.
- ☐ In a small bowl, stir together the butter, shallots, garlic, cardamom, orange zest, orange juice, turmeric, garam masala and salt and pepper, to taste. Separate the skin from chicken flesh using your index finger, moving it back and forth. Do not remove the skin completely, just make a pocket. Spoon half of the butter mixture under skin of 1 breast, smoothing it out with your index finger. Repeat with other chicken breast.
- ☐ Put a rack over the potatoes in the broiler pan and arrange the chicken on the rack. Roast until the chicken registers 160 degrees F on an instant-read thermometer, and the potatoes are tender.
- ☐ Remove from the oven and transfer the chicken and potatoes to a serving platter. Allow to rest for 5 minutes then serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:48.440434911977%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 912.3kcal (45.62%), Fat: 26.8g (41.23%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 109.07g (36.36%), Net Carbohydrates: 95.99g (34.91%), Sugar: 9.29g (10.33%), Cholesterol: 159.69mg (53.23%), Sodium: 381.53mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.17g (122.34%), Vitamin B3: 31.1mg (155.51%), Vitamin B6: 2.9mg (144.77%), Potassium: 3872.12mg (110.63%), Selenium: 76.27µg (108.96%), Manganese: 1.95mg (97.65%), Phosphorus: 887.6mg (88.76%), Vitamin C: 68.65mg (83.21%), Magnesium: 213.15mg (53.29%), Fiber: 13.09g (52.34%), Vitamin B5: 5.1mg (50.96%), Copper: 0.96mg (48.14%), Vitamin B1: 0.69mg (46.06%), Iron: 6.67mg (37.07%), Folate: 130.82µg (32.7%), Vitamin K: 28.35µg (27%), Vitamin B2: 0.45mg (26.21%), Zinc: 3.79mg (25.3%), Vitamin E: 2.73mg (18.17%), Calcium: 110.5mg (11.05%), Vitamin B12: 0.46µg (7.73%), Vitamin A: 313.98IU (6.28%), Vitamin D: 0.33µg (2.21%)