



HEALTH SCORE

85%

Rosemary Chicken with Blueberry Sauce



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons adobo seasoning
- ☐ 1 cup blueberries fresh
- ☐ 1 tablespoon butter
- ☐ 0.5 cup basil dried
- ☐ 0.5 cup rosemary dried
- ☐ 0.5 cup fresh-ground pepper black
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons mustard seeds

- ☐ 1 cup olive oil
- ☐ 1 cup pomegranate juice
- ☐ 0.5 cup blueberry preserves
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup mustard yellow prepared

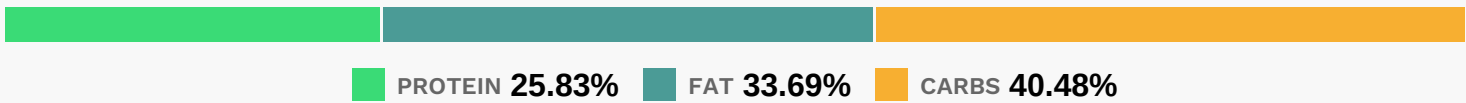
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix together the rosemary, basil, and pepper in a small bowl.
- ☐ Pour the olive oil into a shallow dish.
- ☐ Pound the chicken breast to about 3/4-inch thickness. Rub each breast with adobo sauce.
- ☐ Sprinkle both sides of each breast with the rosemary mixture and lie them in the olive oil; allow to marinate about 30 minutes.
- ☐ Meanwhile, prepare the sauce.
- ☐ Heat the pomegranate juice in a saucepan over medium heat. Once the juice is warm, stir in the blueberry preserves, blueberries, honey, mustard, and mustard seeds. Cook and stir until the sauce thickens, 10 to 15 minutes.
- ☐ Melt the butter in a skillet over medium heat. Cook the chicken in the melted butter until no longer pink inside, 3 to 5 minutes per side.
- ☐ Serve with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:80.32, Glycemic Load:8.45, Inflammation Score:-9, Nutrition Score:49.646956609643%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 20.17mg, Delphinidin: 20.17mg, Delphinidin: 20.17mg, Delphinidin: 20.17mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 509.91kcal (25.5%), Fat: 21.16g (32.55%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 34.24g (12.45%), Sugar: 17.52g (19.47%), Cholesterol: 79.85mg (26.61%), Sodium: 533.46mg (23.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.02%), Vitamin K: 580.16µg (552.53%), Manganese: 7.17mg (358.61%), Iron: 31.74mg (176.31%), Fiber: 22.97g (91.87%), Calcium: 873.63mg (87.36%), Magnesium: 326.29mg (81.57%), Selenium: 53µg (75.72%), Vitamin B6: 1.49mg (74.39%), Vitamin B3: 14.24mg (71.22%), Copper: 1.15mg (57.4%), Potassium: 1871.94mg (53.48%), Phosphorus: 433.89mg (43.39%), Vitamin E: 6.07mg (40.47%), Vitamin B2: 0.6mg (35.01%), Folate: 134.19µg (33.55%), Vitamin B5: 2.64mg (26.41%), Zinc: 3.69mg (24.63%), Vitamin B1: 0.25mg (16.72%), Vitamin A: 649.53IU (12.99%), Vitamin C: 9.14mg (11.08%), Vitamin B12: 0.23µg (3.87%)