



Rosemary Chicken with White Beans

 Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 16 ounce navy beans rinsed drained canned
- 1 large egg white lightly beaten
- 1.5 tablespoons rosemary fresh divided minced
- 3 garlic cloves minced
- 3 tablespoons italian-seasoned breadcrumbs
- 2 teaspoons olive oil
- 0.5 teaspoon salt divided

- 24 ounce chicken breast halves boneless skinless
- 1.5 cups tomatoes fresh chopped (2 medium)
- 1 teaspoon water

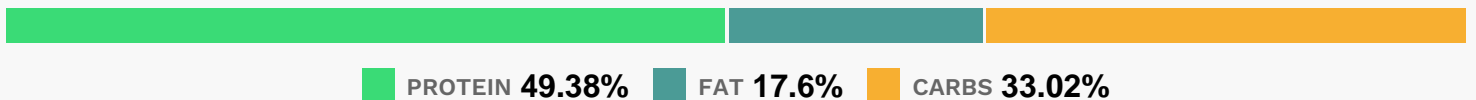
Equipment

- frying pan

Directions

- Combine breadcrumbs, 1 1/2 teaspoons rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a shallow dish.
- Combine egg white and water in a shallow dish.
- Place each chicken breast in egg white mixture, allowing excess to drip back into dish. Dredge chicken in breadcrumb mixture.
- Heat oil in a large nonstick skillet over medium heat.
- Add chicken; cook 6 to 7 minutes on each side or until chicken is done.
- Transfer chicken to a plate. Set aside and keep warm.
- Add garlic to pan; cook, stirring constantly, 30 seconds. Stir in beans, tomato, 1 tablespoon rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cook over medium heat 2 minutes or until thoroughly heated.
- Spoon bean mixture onto serving plates and top with chicken.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:28.191739180814%

Flavonoids

Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 387.77kcal (19.39%), Fat: 7.49g (11.53%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 24.58g (8.94%), Sugar: 2.3g (2.56%), Cholesterol: 108.94mg (36.31%), Sodium: 1113.44mg (48.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.3g (94.59%), Vitamin B3: 19.12mg (95.61%), Selenium: 64.84µg (92.63%), Vitamin B6: 1.48mg (74%), Phosphorus: 541.41mg (54.14%), Manganese: 0.67mg (33.33%), Potassium: 1136.58mg (32.47%), Fiber: 7.04g (28.15%), Vitamin B5: 2.75mg (27.54%), Magnesium: 109.72mg (27.43%), Vitamin B1: 0.37mg (24.46%), Folate: 95.67µg (23.92%), Iron: 3.38mg (18.78%), Vitamin B2: 0.31mg (18.5%), Copper: 0.35mg (17.38%), Zinc: 2.1mg (14.01%), Vitamin C: 11.56mg (14.01%), Vitamin K: 13.14µg (12.52%), Vitamin E: 1.82mg (12.14%), Vitamin A: 554.44IU (11.09%), Calcium: 89.41mg (8.94%), Vitamin B12: 0.37µg (6.23%), Vitamin D: 0.17µg (1.13%)