



Saffron Chicken, Boiled Lemon and Green Bean Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 1 pound green beans washed and trimmed
- ☐ 1 tablespoon honey
- ☐ 1 optional: lemon
- ☐ 3 tablespoons juice of lemon divided

- ☐ 2 tablespoons mint leaves finely chopped
- ☐ 0.3 cup olive oil divided
- ☐ 1 pinch saffron threads
- ☐ 1.3 teaspoons salt divided plus more to taste,
- ☐ 1.3 pound chicken breast boneless skinless

Equipment

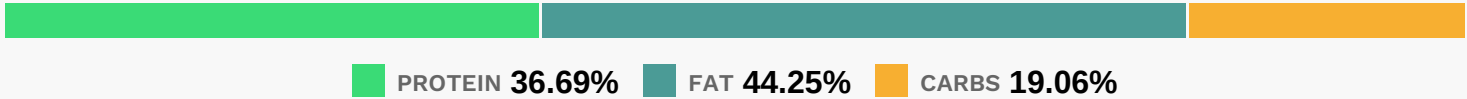
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Prick the lemon in 3 or 4 places with a fork and place in a small pot with 1 teaspoon of salt and cover with water. Bring to a boil, cover and simmer for about 50 minutes or until the lemon is very tender.
- ☐ Drain and set aside to cool.
- ☐ In the meantime, mix the saffron, mint, garlic, 1 tablespoon of lemon juice, 1 tablespoon of olive oil and 1/4 teaspoon of salt in a small bowl.
- ☐ Pour the marinade into a sealable plastic bag, add the chicken and let it marinate while you prepare the other ingredients.
- ☐ Steam the green beans for 4 minutes and set aside to cool.
- ☐ Cut into 1/2-inch pieces.
- ☐ Preheat a large skillet or grill pan which has been sprayed with cooking spray. Cook the chicken for 3 to 4 minutes on each side, or until cooked through. Set aside to cool.
- ☐ Cut into bite-sized chunks.
- ☐ Slice the ends off of the lemon and slice it in half lengthwise. Scoop out the pulp. Slice the peel thinly and then again into 1/4-inch pieces.

- ☐ In a large bowl, combine the chicken, lemon, green beans and thyme. In a small bowl combine the rest of the lemon juice and the honey, whisk in the remainder of the olive oil, and season with salt and pepper, to taste.
- ☐ Pour the dressing over the salad and toss to combine.

Nutrition Facts



Properties

Glycemic Index:75.19, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:25.357826582764%

Flavonoids

Eriodictyol: 7.09mg, Eriodictyol: 7.09mg, Eriodictyol: 7.09mg, Eriodictyol: 7.09mg Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 349.04kcal (17.45%), Fat: 17.62g (27.11%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 12.48g (4.54%), Sugar: 8.97g (9.97%), Cholesterol: 90.72mg (30.24%), Sodium: 900.33mg (39.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Vitamin B3: 15.77mg (78.87%), Selenium: 46.31µg (66.16%), Vitamin B6: 1.27mg (63.74%), Vitamin K: 57.35µg (54.62%), Vitamin C: 40.87mg (49.54%), Phosphorus: 353.06mg (35.31%), Potassium: 855.69mg (24.45%), Vitamin B5: 2.37mg (23.73%), Vitamin A: 1104.75IU (22.1%), Manganese: 0.4mg (20.01%), Magnesium: 76.15mg (19.04%), Fiber: 4.59g (18.37%), Vitamin E: 2.74mg (18.25%), Vitamin B2: 0.29mg (17.23%), Iron: 2.73mg (15.16%), Vitamin B1: 0.2mg (13.5%), Folate: 52.89µg (13.22%), Zinc: 1.23mg (8.2%), Copper: 0.16mg (8.1%), Calcium: 79.7mg (7.97%), Vitamin B12: 0.28µg (4.72%)