



Saffron Chicken With Prunes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 1.5 teaspoons candied ginger diced
- ☐ 16 ounce skinned and boned chicken breast halves
- ☐ 1 stick cinnamon 3-inch
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 8 ounces prune- cut to pieces dried pitted
- ☐ 0.5 teaspoon saffron threads
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water

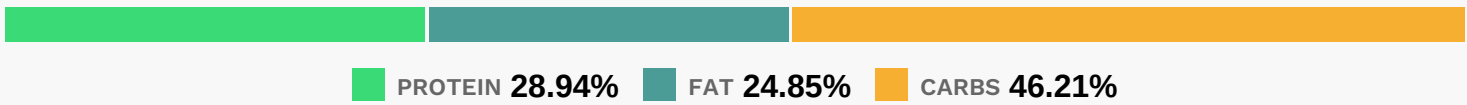
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine prunes, saffron, and 1 1/2 cups water in a large bowl; let stand 1 hour.
- ☐ Drain, reserving liquid, and set aside.
- ☐ Sprinkle chicken with salt and pepper; cook in hot oil in a large skillet about 5 minutes on each side.
- ☐ Remove chicken, reserving drippings in skillet; keep chicken warm.
- ☐ Saut onion in reserved drippings 5 minutes; add prunes, reserved prune liquid, ginger, and cinnamon stick. Bring to a boil over medium-high heat. Reduce heat, and simmer 5 minutes or until mixture is reduced to 1 cup.
- ☐ Add chicken; cook 5 minutes or until chicken is done.
- ☐ Remove and discard cinnamon stick.
- ☐ Sprinkle with almonds and parsley.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:10.25, Inflammation Score:-7, Nutrition Score:22.142608621846%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin:

0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg,
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg,
Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg,
Kaempferol: 0.33mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.67mg,
Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 364.2kcal (18.21%), Fat: 10.47g (16.1%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 43.81g (14.6%), Net
Carbohydrates: 37.61g (13.68%), Sugar: 24.96g (27.73%), Cholesterol: 72.57mg (24.19%), Sodium: 431mg (18.74%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.87%), Vitamin K: 69.7µg (66.38%), Vitamin B3:
13.25mg (66.25%), Selenium: 37µg (52.85%), Vitamin B6: 1.02mg (51.24%), Phosphorus: 326.35mg (32.64%),
Manganese: 0.6mg (29.93%), Potassium: 962.82mg (27.51%), Fiber: 6.2g (24.78%), Magnesium: 79.61mg (19.9%),
Vitamin E: 2.93mg (19.52%), Vitamin B5: 1.95mg (19.51%), Vitamin B2: 0.32mg (18.66%), Copper: 0.31mg (15.28%),
Vitamin A: 650.16IU (13%), Vitamin B1: 0.14mg (9.09%), Vitamin C: 7.18mg (8.7%), Iron: 1.55mg (8.6%), Zinc: 1.26mg
(8.37%), Calcium: 74.38mg (7.44%), Folate: 20.38µg (5.09%), Vitamin B12: 0.23µg (3.78%)