



WHATSheATE



Sautéed Chicken Breasts with Cucumber Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds cucumbers –peeled seeded sliced quartered
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup flat-leaf parsley coarsely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4.5 ounces roasted cashews halved lengthwise coarsely chopped
- ☐ 4 servings salt and pepper freshly ground

- ☐ 2 scallions thinly sliced
- ☐ 24 ounces chicken breast halves boneless skinless

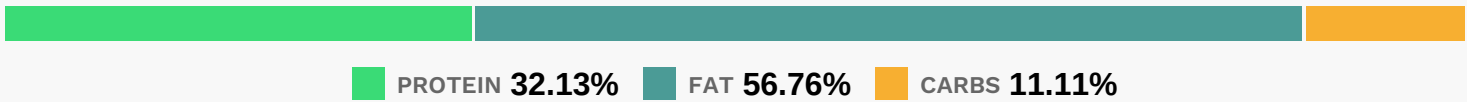
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small skillet, cook the cumin seeds over moderate heat until fragrant, about 1 minute.
- ☐ Transfer to a work surface and let cool, then coarsely chop. In a large bowl, combine the cumin seeds with the cucumbers, cashews, scallions, lemon juice, 1/4 cup of the olive oil and the parsley; season with salt and pepper.
- ☐ Heat the remaining 2 tablespoons of olive oil in a large skillet. Season the chicken breasts with salt and pepper and cook over moderately high heat until lightly browned, about 3 minutes. Reduce the heat to moderately low and continue cooking for 3 minutes. Turn and cook the chicken until browned on the other side and just cooked through, about 6 minutes longer. Thickly slice each chicken breast crosswise, mound the cucumber salad on top and serve.
- ☐ Notes: Variations: Use the cucumber salad as an accompaniment for salmon or bluefish, or mix it with plain yogurt for a version of Indian raita.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:31.237826072651%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 519.02kcal (25.95%), Fat: 33.09g (50.91%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 12.27g (4.46%), Sugar: 3.8g (4.22%), Cholesterol: 108.86mg (36.29%), Sodium: 403.24mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.15g (84.29%), Vitamin K: 103.69µg (98.75%), Vitamin B3: 18.35mg (91.73%), Selenium: 58.37µg (83.39%), Vitamin B6: 1.44mg (71.92%), Phosphorus: 550.34mg (55.03%), Copper: 0.87mg (43.5%), Magnesium: 149.22mg (37.3%), Vitamin B5: 3.17mg (31.75%), Potassium: 1051.36mg (30.04%), Manganese: 0.43mg (21.27%), Zinc: 3.1mg (20.69%), Iron: 3.59mg (19.93%), Vitamin E: 2.68mg (17.9%), Vitamin C: 13.7mg (16.6%), Vitamin B2: 0.28mg (16.46%), Vitamin B1: 0.23mg (15.12%), Folate: 58.74µg (14.69%), Vitamin A: 535.31IU (10.71%), Fiber: 2.29g (9.16%), Calcium: 57.26mg (5.73%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)