



Sicilian Lemon Chicken with Raisin-Tomato Sauce

READY IN



85 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce angel hair pasta
- 1 tablespoon balsamic vinegar
- 2 bay leaves
- 2 tablespoons olives black chopped
- 15 ounce canned tomatoes diced drained canned
- 0.3 teaspoon cayenne pepper
- 1 tablespoon olive oil extra virgin
- 4 sprigs basil fresh

- 1 tablespoon garlic minced
- 0.8 cup golden raisins
- 1 lemon zest juiced
- 1 medium onion halved thinly sliced
- 0.3 teaspoon oregano dried
- 0.3 cup parmesan cheese shaved
- 2 tablespoons pinenuts
- 4 servings salt and pepper to taste
- 24 ounce chicken breast halves boneless skinless
- 1 teaspoon sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot

Directions

- Soak the raisins in warm water until they plump, about 10 minutes.
- Drain and set aside.
- Heat 3 tablespoons of olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, pine nuts, and olives. Season with bay leaves, oregano, and cayenne. Cook until the onions have softened and begun to turn golden, about 5 minutes. Stir in the tomatoes and season with salt and pepper; cook for 5 more minutes.
- Add the raisins, balsamic vinegar, and sugar; cook, stirring occasionally until thickened, about 5 more minutes.
- Remove the bay leaves, and stir in the julienned basil. Cover and keep warm.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.

- While the pasta is cooking, heat the remaining 1 tablespoon of olive oil in a skillet over medium heat. While the skillet is heating, toss the chicken with the lemon juice to coat (the lemon zest will be used later). Cook the chicken on both sides until golden brown and the juices run clear, about 15 minutes.
- Transfer to a warm plate, and allow to rest for about five minutes.
- To serve, slice each chicken breast against the grain into thin slices. Divide the pasta into four wide, shallow bowls. Fan the chicken slices out over top of the pasta, and spoon the tomato sauce over them.
- Sprinkle with lemon zest, Parmesan cheese, and a sprig of basil to garnish.

Nutrition Facts

PROTEIN 26.8% **FAT 16.66%** **CARBS 56.54%**

Properties

Glycemic Index:111.94, Glycemic Load:49.73, Inflammation Score:-8, Nutrition Score:36.803912530775%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 849.03kcal (42.45%), Fat: 15.78g (24.27%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 120.45g (40.15%), Net Carbohydrates: 112.6g (40.94%), Sugar: 26.92g (29.91%), Cholesterol: 113.11mg (37.7%), Sodium: 706.81mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.09g (114.18%), Selenium: 128.87µg (184.1%), Vitamin B3: 21.61mg (108.06%), Manganese: 1.9mg (94.77%), Vitamin B6: 1.76mg (88.13%), Phosphorus: 722.8mg (72.28%), Potassium: 1499.23mg (42.84%), Magnesium: 156.67mg (39.17%), Copper: 0.77mg (38.41%), Vitamin B5: 3.35mg (33.47%), Fiber: 7.85g (31.42%), Iron: 4.61mg (25.64%), Zinc: 3.56mg (23.72%), Vitamin B2: 0.39mg (23.08%), Vitamin B1: 0.33mg (22.21%), Vitamin C: 17.81mg (21.58%), Vitamin K: 21.33µg (20.31%), Vitamin E: 3.03mg (20.22%), Calcium: 179.09mg (17.91%), Folate: 51.47µg (12.87%), Vitamin A: 509.79IU (10.2%), Vitamin B12: 0.42µg (6.92%), Vitamin D: 0.2µg (1.34%)