



 **64%**  
HEALTH SCORE

## Stuffed Chicken Breast in Curry Sauce over Roasted Potatoes and Cauliflower

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



1375 kcal

SIDE DISH

### Ingredients

- 2 cups bread crumbs
- 2 tablespoons butter
- 2 tablespoons canola oil
- 1 head cauliflower separated
- 0.3 cup chervil leaves fresh chopped
- 2 cups chicken stock see
- 2 tablespoons curry powder

- 0.8 cup dates
- 5 eggs
- 2 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 2 teaspoons onion powder
- 0.3 cup raisins
- 1 cup grapes red
- 3 potatoes red cubed
- 4 servings salt and pepper black freshly ground
- 4 chicken breast halves boneless skinless
- 1 cup walnuts
- 0.3 cup onion yellow chopped

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- plastic wrap
- cutting board
- meat tenderizer

## Directions

- Special equipment: Plastic wrap Meat mallet
- Preheat the oven to 350 degrees F.
- On a large baking sheet toss together the cauliflower, potatoes, chervil, raisins, olive oil and salt and pepper, to taste. Arrange in a single layer on the baking sheet and roast until the potatoes are tender, about 25 minutes.
- Remove the potatoes to a bowl and set aside.
- Chicken: In a blender or food processor, combine the grapes, walnuts and dates and blend until smooth.
- Put the chicken breasts between 2 sheets of plastic wrap and, using a meat mallet, pound the chicken until evenly flat and thin.
- Remove the top sheet of plastic. Season the chicken with salt and pepper, to taste. Divide the grape mixture between the chicken breasts, topping each piece with about 2 tablespoons of the filling. Using the plastic as your guide, roll up the chicken around the filling.
- Put the flour, eggs and bread crumbs in separate dishes. Season the bread crumbs with the garlic powder, onion powder and salt. Dip the chicken rolls into the flour, coating completely, then into the egg and finally into the bread crumbs. Chicken should be coated completely with each step of the breading process.
- Heat 2 tablespoons of oil in a large oven-proof skillet over medium-high heat. Pan fry the chicken until golden brown on all sides, turning after a few minutes on each side.
- Transfer the pan to the oven and bake until cooked through, about 15 minutes.
- Curry sauce: Melt the butter in a skillet over medium heat, then add the onion and curry powder. Cook for 2 minutes then whisk in the flour and cook for 1 minute.
- Whisk in the chicken stock and bring to a simmer.
- Whisk until the sauce is thickened and smooth.
- Remove the chicken from the oven to a cutting board and slice. Spoon a bed of potatoes and cauliflower on each serving plate and top with curry sauce.

## Nutrition Facts

 PROTEIN 17.28%  FAT 34.11%  CARBS 48.61%

## Properties

Glycemic Index:119.45, Glycemic Load:55.07, Inflammation Score:-9, Nutrition Score:61.113912997038%

## Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 1374.81kcal (68.74%), Fat: 53.21g (81.86%), Saturated Fat: 10.74g (67.13%), Carbohydrates: 170.62g (56.87%), Net Carbohydrates: 154.04g (56.01%), Sugar: 35.14g (39.04%), Cholesterol: 295.57mg (98.52%), Sodium: 2066.49mg (89.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.67g (121.34%), Selenium: 97.37µg (139.09%), Manganese: 2.77mg (138.41%), Vitamin B3: 24.85mg (124.25%), Vitamin C: 88.93mg (107.79%), Vitamin B1: 1.56mg (103.99%), Vitamin B6: 1.99mg (99.46%), Folate: 373.38µg (93.35%), Phosphorus: 864.26mg (86.43%), Vitamin B2: 1.28mg (75.25%), Potassium: 2576.09mg (73.6%), Iron: 12.18mg (67.66%), Fiber: 16.59g (66.34%), Copper: 1.29mg (64.33%), Magnesium: 211.99mg (53%), Vitamin K: 51.29µg (48.85%), Vitamin B5: 4.84mg (48.38%), Zinc: 5.09mg (33.96%), Vitamin E: 4.4mg (29.36%), Calcium: 287.74mg (28.77%), Vitamin B12: 0.92µg (15.27%), Vitamin A: 675.87IU (13.52%), Vitamin D: 1.21µg (8.09%)