



WHATSheATE



Tangy Cherry Chicken

READY IN



35 min.

SERVINGS



6

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter cold divided
- ☐ 3 ribs celery finely chopped
- ☐ 3 cups chicken stock see divided
- ☐ 2 cups couscous plain
- ☐ 1 cup cherries dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 handful flat-leaf parsley generous finely chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup pignoli a couple of handfuls pine nuts
- ☐ 1 medium onion red finely chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 6 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons thyme leaves chopped

Equipment

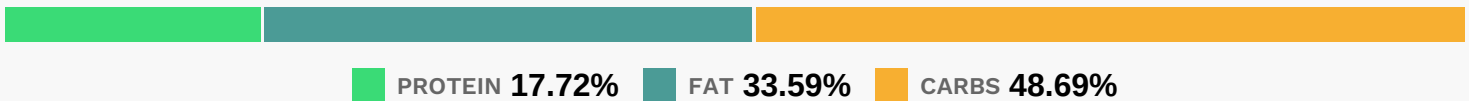
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a large nonstick skillet over medium-high heat with the 3 turns of the pan of extra-virgin olive oil, about 3 tablespoons. Season chicken liberally with half of the thyme, salt and pepper and add to the hot skillet. Cook the chicken for 5 to 6 minutes on each side.
- ☐ Remove the chicken from the pan to a plate and cover with foil to keep warm.
- ☐ In the bottom of a medium sauce pot, heat and toast pine nuts over moderate heat and remove.
- ☐ Add 2 cups stock and 1 tablespoon butter to the pot and bring to a boil.
- ☐ Return the chicken skillet to the burner over medium-high heat, add 1 turn of the pan of extra-virgin olive oil, add the onion, celery, crushed red pepper flakes, nutmeg, salt and pepper, cook for 3 to 4 minutes or until the celery and onions are tender.

- ☐ Add the white wine, and cook until the pan is almost dry, 1 minute.
- ☐ Add the 2 cups boiling chicken stock, and dried cherries and continue to cook for about 5 to 6 minutes or until there is only about 1/2 cup of liquid left in the pan. Turn the heat off the under the pan.
- ☐ Add the remaining 3 tablespoons cold butter in small pieces and whisk until it has completely melted.
- ☐ In a medium saucepan bring the remaining 1 cup chicken stock to a boil, add couscous, allspice, cinnamon and a little salt. Cover pot and remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Drizzle honey over the couscous and add the pine nuts, scallions and parsley. Toss and fluff with a fork to combine.
- ☐ Serve the chicken whole or sliced with cherry sauce poured over it and couscous alongside. Dark seared greens or simple salad complete the meal.

Nutrition Facts



Properties

Glycemic Index:73.38, Glycemic Load:34.07, Inflammation Score:-10, Nutrition Score:21.575652174328%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 689.17kcal (34.46%), Fat: 24.71g (38.02%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 80.61g (26.87%), Net Carbohydrates: 74.33g (27.03%), Sugar: 25.75g (28.61%), Cholesterol: 71.88mg (23.96%), Sodium: 545.51mg (23.72%), Alcohol: 4.12g (100%), Alcohol %: 1.31% (100%), Protein: 29.33g (58.66%), Vitamin B3: 12.26mg (61.31%), Manganese: 1.13mg (56.69%), Vitamin B6: 0.78mg (39.1%), Selenium: 27.27µg (38.96%), Phosphorus: 346.54mg (34.65%), Vitamin K: 35.2µg (33.53%), Vitamin A: 1326.04IU (26.52%), Fiber: 6.28g (25.11%), Potassium:

685.8mg (19.59%), Magnesium: 78.08mg (19.52%), Vitamin B5: 1.93mg (19.35%), Copper: 0.34mg (17.23%), Vitamin B2: 0.28mg (16.62%), Vitamin E: 2.41mg (16.1%), Vitamin B1: 0.22mg (14.99%), Iron: 2.65mg (14.74%), Zinc: 1.67mg (11.14%), Vitamin C: 8.69mg (10.53%), Folate: 38.97µg (9.74%), Calcium: 75.45mg (7.54%), Vitamin B12: 0.17µg (2.78%)