



Vicki's Favorite Chicken with Grapes, Couscous and Roasted Asparagus

READY IN



25 min.

SERVINGS



4

CALORIES



1147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound asparagus
- 2 tablespoons butter cut into pieces
- 2.5 cups chicken stock see divided (available on soup aisle in paper boxes)
- 2 pounds chicken tenderloins
- 4 servings coarse salt and pepper
- 2 cups couscous
- 0.3 cup flour all-purpose
- 3 tablespoons thyme leaves fresh chopped

- 0.3 cup grainy stone-ground
- 1 cup heavy cream
- 5 tablespoons olive oil extra-virgin divided
- 0.5 cup white wine

Equipment

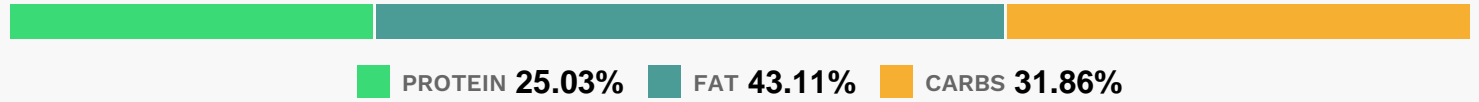
- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- Heat oven to 400 degrees F.
- Trim tough ends of asparagus and save for soup.
- Place asparagus in a large bowl and toss with about 3 tablespoons extra-virgin olive oil, 2 tablespoons of chopped thyme leaves and salt and pepper.
- Spread the asparagus out on a cookie sheet and roast 10 to 12 minutes until the asparagus is tender and crispy at the tips.
- Heat a large skillet over medium to medium high heat; add 2 tablespoons extra-virgin olive oil, 2 turns of the pan, and 2 tablespoons butter to the pan.
- Place flour in a shallow dish. Season chicken with salt and pepper then dredge the tenders in flour and add it to the pan. Cook chicken 7 to 8 minutes until browned.
- Add wine and scrape up browned bits as wine cooks down and bubbles, 30 seconds.
- Add 1/2 cup stock to skillet.
- Combine cream and mustard and add to stock.
- Add grapes to the pan and turn chicken and grapes to coat and combine with the sauce. Simmer 5 minutes over low heat.
- Bring remaining 2 cups chicken stock and remaining tablespoon of fresh thyme to a boil in a small pot.

- Add couscous. Put a tight fitting lid on pot and remove from heat.
- Let stand 5 minutes, then fluff with a fork.
- Serve tenders and grapes on couscous alongside asparagus.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:46.42, Inflammation Score:-10, Nutrition Score:47.018260810686%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg

Nutrients (% of daily need)

Calories: 1146.83kcal (57.34%), Fat: 53.78g (82.74%), Saturated Fat: 21.71g (135.69%), Carbohydrates: 89.42g (29.81%), Net Carbohydrates: 79.9g (29.06%), Sugar: 7.84g (8.71%), Cholesterol: 231.93mg (77.31%), Sodium: 918.17mg (39.92%), Alcohol: 3.09g (100%), Alcohol %: 0.5% (100%), Protein: 70.24g (140.48%), Vitamin B3: 31.42mg (157.12%), Selenium: 89.61µg (128.02%), Vitamin B6: 2.11mg (105.43%), Phosphorus: 824.67mg (82.47%), Vitamin K: 84.82µg (80.78%), Manganese: 1.22mg (61.1%), Vitamin A: 2668.53IU (53.37%), Vitamin B5: 5.05mg (50.48%), Vitamin B2: 0.85mg (50.23%), Potassium: 1627.23mg (46.49%), Vitamin B1: 0.69mg (45.93%), Iron: 7.5mg (41.64%), Fiber: 9.51g (38.05%), Magnesium: 151.74mg (37.93%), Vitamin E: 5.69mg (37.91%), Copper: 0.74mg (36.86%), Folate: 142.96µg (35.74%), Vitamin C: 21.37mg (25.9%), Zinc: 3.6mg (23.98%), Calcium: 153.61mg (15.36%), Vitamin B12: 0.56µg (9.34%), Vitamin D: 1.18µg (7.86%)