



Almond Orange Chicken

 **Gluten Free**

READY IN

ready

27 min.

SERVINGS

servings

6

CALORIES

calories

524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup almonds sliced
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons orange marmalade
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 6 servings salt and pepper to taste
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 1.5 cups whipping cream

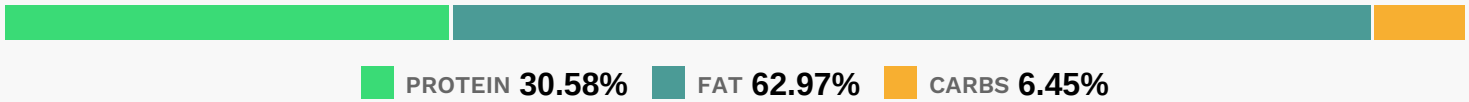
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Melt 1 tablespoon butter in a skillet over medium heat. Stir in the almonds, and cook until light brown and toasted, about 4 minutes.
- ☐ Place the chicken breasts between two sheets of plastic wrap or waxed paper; flatten using a meat mallet or rolling pin. Season with salt and pepper to taste. Melt 3 tablespoons butter in a large skillet over medium heat; add the chicken breasts, and cook 1 minute on each side.
- ☐ Combine 1/2 cup almonds, cream, Dijon mustard, marmalade, and red pepper flakes with chicken, stirring to blend. Cook until sauce thickens, about 10 minutes.
- ☐ Serve chicken topped with sauce and remaining almonds.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:22.096956636595%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 523.63kcal (26.18%), Fat: 36.75g (56.54%), Saturated Fat: 18.64g (116.52%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 7.03g (2.56%), Sugar: 6.22g (6.92%), Cholesterol: 191.15mg (63.72%), Sodium: 484.2mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.16g (80.32%), Vitamin B3: 18.17mg (90.87%), Selenium: 57.6µg (82.29%), Vitamin B6: 1.31mg (65.65%), Phosphorus: 445.65mg (44.57%), Vitamin B5: 2.64mg (26.4%), Vitamin E: 3.68mg (24.52%), Vitamin B2: 0.4mg (23.8%), Vitamin A: 1118.97IU (22.38%), Potassium: 769.56mg (21.99%), Magnesium: 77.53mg (19.38%), Manganese: 0.27mg (13.63%), Zinc: 1.48mg (9.84%), Vitamin B1: 0.15mg (9.82%), Copper: 0.17mg (8.31%), Calcium: 81.32mg (8.13%), Vitamin D: 1.12µg (7.48%), Vitamin B12: 0.45µg (7.45%), Iron: 1.13mg (6.27%), Fiber: 1.45g (5.79%), Folate: 14.68µg (3.67%), Vitamin C: 2.73mg (3.31%), Vitamin K: 2.82µg (2.68%)