



Apple-Cranberry-Sage Chicken

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup grape jelly
- 2 tablespoons butter
- 1 large cooking oil red unpeeled cut into 2-inch chunks
- 0.5 cup celery sliced
- 0.5 cup cranberries fresh thawed ()
- 0.5 teaspoon ground sage
- 0.8 teaspoon thyme leaves dried fresh chopped
- 2 tablespoons water

- 1.3 lb chicken breast boneless skinless
- 0.8 cup frangelico

Equipment

- frying pan
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In 1 1/2-quart saucepan, melt jelly and butter over medium heat, stirring occasionally. Stir in apple, celery and cranberries; remove from heat.
- In shallow dish, mix Bisquick mix, sage and thyme. In another shallow dish, place water. Dip chicken into water, then coat with Bisquick mixture. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 6 to 8 minutes, turning once, until coating is brown.
- Place chicken in ungreased 13x9-inch (3-quart) glass baking dish. Spoon cranberry mixture over chicken.
- Bake 40 to 45 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Facts



PROTEIN 32.72% **FAT 23.25%** **CARBS 44.03%**

Properties

Glycemic Index:44.25, Glycemic Load:21.68, Inflammation Score:-6, Nutrition Score:15.829130605511%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg
Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin:
0.83mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 379.6kcal (18.98%), Fat: 9.64g (14.83%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 41.08g (13.69%),
Net Carbohydrates: 39.75g (14.45%), Sugar: 28.19g (31.32%), Cholesterol: 90.72mg (30.24%), Sodium: 259.33mg
(11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.06%), Vitamin B3: 14.87mg (74.33%),
Selenium: 46.56µg (66.51%), Vitamin B6: 1.09mg (54.59%), Phosphorus: 314.86mg (31.49%), Vitamin B5: 2.11mg
(21.07%), Potassium: 616.28mg (17.61%), Vitamin B2: 0.2mg (11.7%), Vitamin C: 9.45mg (11.45%), Magnesium: 42.2mg
(10.55%), Vitamin A: 375.65IU (7.51%), Vitamin B1: 0.1mg (6.99%), Zinc: 0.89mg (5.95%), Copper: 0.11mg (5.49%),
Manganese: 0.11mg (5.44%), Fiber: 1.33g (5.33%), Vitamin E: 0.8mg (5.32%), Iron: 0.93mg (5.14%), Vitamin B12:
0.29µg (4.84%), Vitamin K: 5µg (4.76%), Folate: 16.85µg (4.21%), Calcium: 28.52mg (2.85%)