



Apple-Cranberry-Sage Chicken



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large apples red unpeeled cut into 2-inch chunks
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery sliced
- ☐ 0.5 cup cranberries fresh thawed ()
- ☐ 0.7 cup grape jelly
- ☐ 0.5 teaspoon ground sage
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 2 tablespoons water

- ☐ 0.8 cup frangelico
- ☐ 0.8 cup frangelico

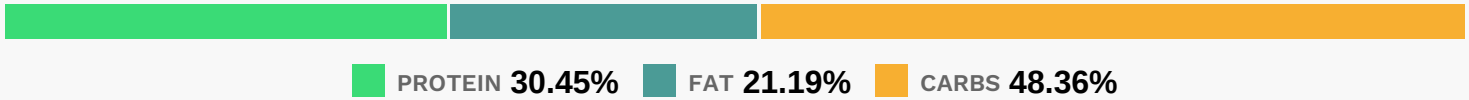
Equipment

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

Directions

- ☐ Heat oven to 350F. 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 (170F).

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:23.69, Inflammation Score:-5, Nutrition Score:16.562608933967%

Flavonoids

Cyanidin: 6.68mg, Cyanidin: 6.68mg, Cyanidin: 6.68mg, Cyanidin: 6.68mg 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: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epigallocatechin: 0.24mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–
gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate:
0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin:
0.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin:
0.83mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 406kcal (20.3%), Fat: 9.48g (14.58%), Saturated Fat: 2g (12.51%), Carbohydrates: 48.68g (16.23%), Net
Carbohydrates: 46.06g (16.75%), Sugar: 33.98g (37.76%), Cholesterol: 90.72mg (30.24%), Sodium: 259.85mg
(11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Vitamin B3: 14.91mg (74.55%), Selenium:
46.56µg (66.51%), Vitamin B6: 1.11mg (55.67%), Phosphorus: 320.6mg (32.06%), Vitamin B5: 2.14mg (21.39%),
Potassium: 673.65mg (19.25%), Vitamin C: 11.41mg (13.83%), Vitamin B2: 0.21mg (12.45%), Magnesium: 44.39mg
(11.1%), Fiber: 2.62g (10.47%), Vitamin A: 387.94IU (7.76%), Vitamin B1: 0.11mg (7.61%), Copper: 0.12mg (6.14%),
Manganese: 0.12mg (6.09%), Zinc: 0.91mg (6.05%), Vitamin K: 6.05µg (5.76%), Vitamin E: 0.85mg (5.7%), Iron:
0.93mg (5.15%), Vitamin B12: 0.29µg (4.84%), Folate: 18.35µg (4.59%), Calcium: 30.35mg (3.03%)