



Blood Orange Chicken

 Gluten Free

READY IN



765 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 juice of blood orange juiced
- 1 tablespoon butter
- 0.8 cup chicken stock see
- 3 tablespoons cooking wine dry white
- 1 teaspoon parsley fresh chopped
- 3 cloves garlic chopped
- 1 tablespoon honey
- 3 tablespoons olive oil

- 0.5 onion minced
- 4 servings salt and pepper black freshly ground to taste
- 4 chicken breast halves boneless skinless

Equipment

- frying pan
- baking pan
- aluminum foil

Directions

- Place chicken breasts into a baking dish. Squeeze juice of 2 blood oranges over chicken. Marinate from 12 to 24 hours; drain and discard used marinade.
- Heat olive oil in a large skillet over medium heat. Season each chicken breast with salt and black pepper. Brown chicken in hot oil on both sides, about 4 minutes per side; transfer to a plate and cover with aluminum foil.
- Melt butter in a clean skillet over medium heat. Cook and stir onion and garlic in melted butter until onion is translucent and garlic has begun to brown, about 5 minutes. Stir in juice of 3 blood oranges, chicken stock, white wine, and parsley. Bring mixture to a boil. Return chicken breasts to skillet, reduce heat to low, and cover. Simmer until chicken is no longer pink inside, about 7 minutes per side.
- Place chicken to serving plates, leaving pan juices; dissolve honey in the pan juices and simmer sauce until thickened, about 2 minutes. Spoon sauce over chicken breasts to serve.

Nutrition Facts



Properties

Glycemic Index:70.19, Glycemic Load:3.2, Inflammation Score:-4, Nutrition Score:13.489565299905%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin:

1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 301.82kcal (15.09%), Fat: 16.85g (25.92%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.65g (7.39%), Cholesterol: 81.19mg (27.07%), Sodium: 219.88mg (9.56%), Alcohol: 1.16g (100%), Alcohol %: 0.69% (100%), Protein: 25.57g (51.15%), Vitamin B3: 12.58mg (62.89%), Selenium: 37.68µg (53.83%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 261.49mg (26.15%), Vitamin B5: 1.68mg (16.79%), Potassium: 525.22mg (15.01%), Vitamin E: 1.84mg (12.3%), Vitamin C: 8.41mg (10.2%), Vitamin B2: 0.17mg (9.79%), Magnesium: 35.58mg (8.89%), Vitamin K: 7.59µg (7.23%), Vitamin B1: 0.11mg (7.22%), Zinc: 0.8mg (5.36%), Manganese: 0.1mg (5.25%), Iron: 0.71mg (3.96%), Vitamin B12: 0.23µg (3.87%), Copper: 0.08mg (3.75%), Folate: 12.75µg (3.19%), Vitamin A: 147.78IU (2.96%), Fiber: 0.55g (2.21%), Calcium: 20.89mg (2.09%)