



Breast of Chicken with Orange Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic minced
- ☐ 1.5 cups no-salt-added chicken broth undiluted canned
- ☐ 0.3 cup madeira wine
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 1 cup orange juice unsweetened
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 cup evaporated skimmed milk
- ☐ 24 ounce skinned

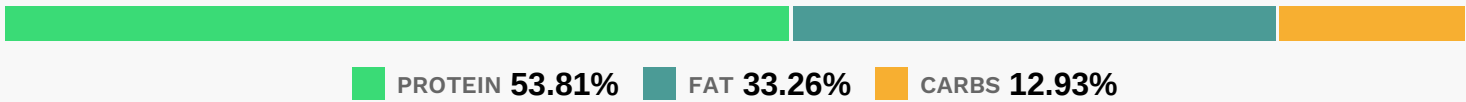
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Sprinkle chicken with 1/4 teaspoon pepper, and brush with 1 tablespoon melted margarine.
- ☐ Place chicken on rack of a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 16 to 18 minutes or until chicken is done.
- ☐ Transfer chicken to a serving platter, and keep warm.
- ☐ Coat a small nonstick skillet with cooking spray; add 1 tablespoon margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add shallots, and saute 1 minute or until tender.
- ☐ Add orange juice, Madeira, and garlic; cook over high heat 14 minutes or until mixture is reduced to about 1/4 cup.
- ☐ Add broth, and cook 15 minutes or until mixture is reduced to about 3/4 cup.
- ☐ Add evaporated skimmed milk, and cook 10 minutes or until mixture turns caramel colored and is reduced to about 1/4 cup. Stir in salt and 1/8 teaspoon pepper.
- ☐ Drizzle sauce evenly over chicken breast halves.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:13.820000086142%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.42kcal (10.22%), Fat: 7.15g (10.99%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.29g (4.77%), Cholesterol: 72.88mg (24.29%), Sodium: 247.06mg (10.74%), Alcohol: 1.03g (100%), Alcohol %: 0.54% (100%), Protein: 26.01g (52.03%), Vitamin B3: 12.83mg (64.16%), Selenium: 36.6µg (52.29%), Vitamin B6: 0.89mg (44.62%), Phosphorus: 278.24mg (27.82%), Vitamin C: 22.25mg (26.97%), Vitamin B5: 1.75mg (17.47%), Potassium: 587.33mg (16.78%), Vitamin B2: 0.16mg (9.47%), Magnesium: 37.61mg (9.4%), Vitamin B1: 0.12mg (7.87%), Vitamin A: 305.21IU (6.1%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.81mg (5.38%), Folate: 17.88µg (4.47%), Copper: 0.08mg (4.17%), Iron: 0.69mg (3.83%), Manganese: 0.06mg (3%), Calcium: 30mg (3%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.23µg (1.5%)