



Caramelized Chicken with Cranberry Conserve

 Gluten Free  Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 3 tablespoons brown sugar
- 4 skinned and boned chicken breast halves
- 1 tablespoon sesame oil dark
- 0.5 cup cranberries dried
- 2 tablespoons cooking sherry dry
- 1 garlic clove minced
- 1 small onion chopped

3 tablespoons orange juice concentrate frozen thawed

Equipment

frying pan

ziploc bags

Directions

Combine first 4 ingredients in a heavy-duty zip-top plastic bag; add chicken. Seal and chill at least 1 hour.

Remove chicken from marinade, reserving marinade.

Cook brown sugar and sesame oil in a large nonstick skillet over medium-high heat, stirring constantly, 4 minutes.

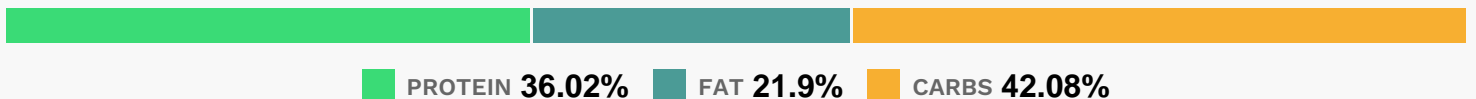
Add chicken, and cook 3 to 4 minutes on each side.

Add reserved marinade, onion, and cranberries; cook, stirring and turning chicken often, 10 minutes or until chicken is done.

Remove chicken, and let stand 5 minutes. Slice and serve with cranberry mixture.

Sprinkle with sesame seeds and green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:13.387825950332%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 278.35kcal (13.92%), Fat: 6.64g (10.22%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 27.49g (10%), Sugar: 25.04g (27.82%), Cholesterol: 72.32mg (24.11%), Sodium: 138.18mg (6.01%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 24.58g (49.15%), Vitamin B3: 12.03mg (60.17%), Selenium: 36.6µg (52.29%), Vitamin B6: 0.92mg (45.94%), Phosphorus: 254.73mg (25.47%), Vitamin C: 19mg (23.03%), Vitamin B5: 1.75mg (17.46%), Potassium: 550.09mg (15.72%), Magnesium: 38.33mg (9.58%), Vitamin B2: 0.14mg (8.43%), Vitamin B1: 0.11mg (7.65%), Manganese: 0.12mg (6.13%), Zinc: 0.74mg (4.97%), Fiber: 1.23g (4.91%), Vitamin E: 0.65mg (4.35%), Folate: 16.57µg (4.14%), Iron: 0.7mg (3.92%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (3.11%), Calcium: 26.92mg (2.69%), Vitamin K: 2.01µg (1.91%), Vitamin A: 76.35IU (1.53%)