



## Caramelized Garlic & Onion Chicken

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp brown sugar
- 2 Tbsp butter
- 1.5 lb chicken breasts bone-in
- 2 Tbsp grey poupon dijon mustard
- 8 cloves garlic thinly sliced
- 0.3 cup a.1. & sauce thick hearty divided
- 2 Tbsp parmesan cheese grated kraft
- 2 onions sweet thinly sliced

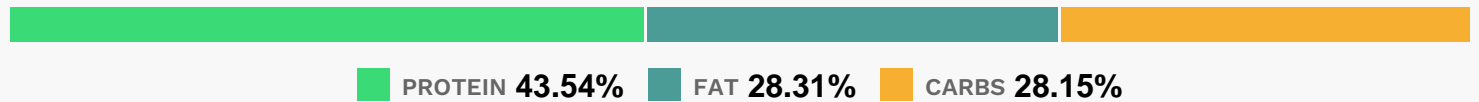
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 400F.
- Melt butter in large skillet on medium heat.
- Add onions; cover. Cook 9 min. or until onions are tender, uncovering after 3 min. and stirring frequently. Stir in garlic; cook 8 to 10 min. or until onions are golden brown, stirring occasionally. Stir in 3 Tbsp. steak sauce and sugar; cook and stir 2 min.
- Place chicken in shallow baking dish.
- Mix remaining steak sauce and mustard; spread over chicken. Top with onions.
- Bake 30 min. or until chicken is done (165F).
- Serve topped with cheese and sauce from bottom of dish.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:21.43478265016%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 24.14mg, Quercetin: 24.14mg, Quercetin: 24.14mg, Quercetin: 24.14mg

## Nutrients (% of daily need)

Calories: 362.66kcal (18.13%), Fat: 11.29g (17.38%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 23.33g (8.48%), Sugar: 17.72g (19.68%), Cholesterol: 126.3mg (42.1%), Sodium: 562.6mg

(24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.15%), Vitamin B3: 18.06mg (90.28%), Selenium: 59.68µg (85.26%), Vitamin B6: 1.57mg (78.67%), Phosphorus: 436.96mg (43.7%), Vitamin B5: 2.67mg (26.68%), Potassium: 875.9mg (25.03%), Magnesium: 65.78mg (16.44%), Manganese: 0.29mg (14.44%), Vitamin C: 11.89mg (14.41%), Vitamin B1: 0.2mg (13.59%), Vitamin B2: 0.23mg (13.28%), Folate: 46µg (11.5%), Zinc: 1.44mg (9.57%), Calcium: 85.97mg (8.6%), Copper: 0.17mg (8.3%), Fiber: 1.94g (7.75%), Iron: 1.34mg (7.42%), Vitamin B12: 0.39µg (6.43%), Vitamin A: 257.6IU (5.15%), Vitamin E: 0.56mg (3.77%), Vitamin K: 1.59µg (1.51%), Vitamin D: 0.18µg (1.22%)