



 **14%**  
HEALTH SCORE

## Chicken Agrodolce (an Italian Sweet and Sour Chicken)

 Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 chicken breast boneless skinless
- 0.3 cup flour
- 3 tablespoons olive oil
- 3 cloves garlic
- 3 bay leaves
- 6 allspice
- 4 tablespoons honey

- 4 tablespoons balsamic vinegar
- 0.3 cup wine dry white
- 0.5 cup orange juice
- 4 tablespoons juice of lemon
- 1 tsp salt and pepper
- 0.3 teaspoon ground pepper
- 3 tablespoons pinenuts toasted (pine nuts)

## Equipment

- frying pan
- ziploc bags

## Directions

- In a large plastic bag, combine flour and chicken breasts, toss to coat.
- In a large skillet, saute floured chicken breasts in olive oil with the whole garlic, bay leaves and allspice berries until chicken is browned.
- Remove chicken to a plate.
- To the skillet, add honey, vinegar and wine; cook to reduce slightly, about 10 minutes on medium-high heat.
- Return chicken to skillet, add orange and lemon juices, salt and pepper, and cook about another 20 minutes or until chicken is done and sauce is reduced slightly.
- Remove garlic, bay leaves and allspice berries from sauce.
- Add pignoli and heat through, another 5 minutes or so.
- Delicious with angel hair pasta or a nice risotto.

## Nutrition Facts



**PROTEIN 21.78%** **FAT 43.31%** **CARBS 34.91%**

## Properties

Glycemic Index:107.09, Glycemic Load:22.2, Inflammation Score:-6, Nutrition Score:20.793478229771%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 7.94mg, Hesperetin: 7.94mg, Hesperetin: 7.94mg, Hesperetin: 7.94mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 512.4kcal (25.62%), Fat: 24.07g (37.03%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 42.61g (15.5%), Sugar: 30.84g (34.27%), Cholesterol: 72.32mg (24.11%), Sodium: 915.64mg (39.81%), Alcohol: 2.75g (100%), Alcohol %: 1.2% (100%), Protein: 27.23g (54.47%), Vitamin B3: 13.13mg (65.65%), Selenium: 40.52µg (57.89%), Manganese: 1.13mg (56.37%), Vitamin B6: 0.95mg (47.48%), Vitamin C: 31.17mg (37.78%), Phosphorus: 330.07mg (33.01%), Vitamin E: 3.27mg (21.79%), Potassium: 667.9mg (19.08%), Vitamin B5: 1.84mg (18.41%), Magnesium: 69.72mg (17.43%), Vitamin B1: 0.24mg (16.04%), Vitamin K: 14.41µg (13.72%), Vitamin B2: 0.22mg (13.09%), Iron: 2.1mg (11.68%), Copper: 0.23mg (11.37%), Folate: 44.73µg (11.18%), Zinc: 1.56mg (10.41%), Fiber: 1.03g (4.11%), Vitamin A: 197.55IU (3.95%), Vitamin B12: 0.23µg (3.77%), Calcium: 32.85mg (3.29%)