



Chicken and Apples in Honey Mustard Sauce



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider sweet
- ☐ 1.5 teaspoons cornstarch
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup flour for dredging
- ☐ 1 pound chicken breasts boneless skinless

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 small apples good cored unpeeled cut into eighths (use fuji, granny smith, jonathan, jonagold, pippin, or mcintosh apples, cooking apples)
- ☐ 0.5 cup chicken broth
- ☐ 4 servings parsley fresh for garnish

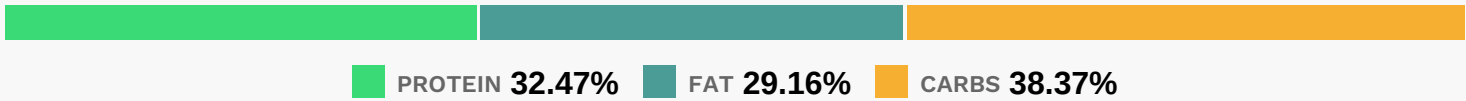
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ apple cider, cornstarch, mustard, honey, salt and pepper (to taste) in a bowl. Set aside.
- ☐ Salt the chicken well and dust in flour. Shake off the excess.
- ☐ Brown the chicken breasts and apple slices: In a large non-stick skillet, heat the oil on medium to medium high heat. Once the oil is hot add the chicken breasts to the pan. Cook until well browned on one side, about 3-4 minutes.
- ☐ Turn chicken, add apples, and cook until the chicken has browned on the other side.
- ☐ Add chicken broth and cider mixture to the pan and bring to a boil. Turn the heat down to low, cover the pot and simmer until chicken is tender, about 15 minutes.
- ☐ Reduce sauce: With slotted spoon, remove chicken and apples to serving plates. Increase the heat of the pan to high and simmer the sauce for a minute or two until it thickens.
- ☐ Spoon sauce over chicken and apples and sprinkle with parsley.
- ☐ Serve with rice or noodles.

Nutrition Facts



Properties

Glycemic Index:74.01, Glycemic Load:15.01, Inflammation Score:-6, Nutrition Score:19.043043406113%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 327.18kcal (16.36%), Fat: 10.61g (16.32%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 28.63g (10.41%), Sugar: 15.21g (16.9%), Cholesterol: 73.16mg (24.39%), Sodium: 521.73mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.13%), Vitamin K: 72µg (68.57%), Vitamin B3: 13.01mg (65.03%), Selenium: 44.35µg (63.36%), Vitamin B6: 0.9mg (45.12%), Phosphorus: 277.33mg (27.73%), Vitamin B5: 1.79mg (17.9%), Potassium: 588.69mg (16.82%), Vitamin B1: 0.24mg (15.87%), Vitamin B2: 0.24mg (14.31%), Vitamin C: 10.43mg (12.64%), Manganese: 0.24mg (12.03%), Magnesium: 44.32mg (11.08%), Fiber: 2.77g (11.06%), Folate: 42.09µg (10.52%), Iron: 1.73mg (9.63%), Vitamin E: 1.44mg (9.59%), Vitamin A: 417.96IU (8.36%), Zinc: 0.93mg (6.19%), Copper: 0.1mg (4.82%), Vitamin B12: 0.23µg (3.88%), Calcium: 27.23mg (2.72%)