



Chicken Breasts Sautéed with Orange

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 halves chicken breast
- ☐ 1 cup chicken broth canned
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup wine dry white
- ☐ 0.3 cup flour for dusting all-purpose
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 navel oranges

- ☐ 4 servings olive oil
- ☐ 1 small onion thinly sliced
- ☐ 0.3 teaspoon pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ ziploc bags

Directions

- ☐ Trim tops and bottoms off 2 oranges. Using a small, sharp knife, cut off peel, removing as much of the bitter white pith as possible. Working over a bowl, cut in between membranes to release orange segments. Squeeze juice out of membrane and squeeze remaining orange to get 1/2 cup juice. Set aside segments and juice separately.
- ☐ In a large, resealable plastic bag, combine flour, 1/4 tsp. salt and 1/8 tsp. pepper.
- ☐ Add chicken breasts and shake to coat; shake off excess flour.
- ☐ In a large nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken, skinned side down, and cook for 4 minutes. Turn and cook until chicken is just firm to the touch, about 4 minutes longer.
- ☐ Transfer chicken breasts to a plate.
- ☐ Add onion and wine to pan and cook, stirring, until wine is evaporated.
- ☐ Add broth and reserved juice and boil, stirring occasionally, until sauce is reduced by half and onion is tender, about 5 minutes. Stir in mustard and remaining 1/4 tsp. salt and 1/8 tsp. pepper.
- ☐ Return chicken to skillet and cook, turning to coat, for 1 minute.
- ☐ Transfer to plates.
- ☐ Add reserved orange segments to sauce, then spoon sauce over chicken.
- ☐ Sprinkle parsley on top.

Nutrition Facts



 **PROTEIN 19.22%**  **FAT 52.79%**  **CARBS 27.99%**

Properties

Glycemic Index:53.25, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:13.58869558184%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 23.04mg, Hesperetin: 23.04mg, Hesperetin: 23.04mg, Hesperetin: 23.04mg Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.24%), Fat: 18.51g (28.48%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 19.06g (6.93%), Sugar: 9.93g (11.04%), Cholesterol: 25.78mg (8.6%), Sodium: 569.83mg (24.78%), Alcohol: 2.06g (100%), Alcohol %: 1.18% (100%), Protein: 15.17g (30.33%), Vitamin C: 66.02mg (80.03%), Vitamin K: 42.82µg (40.78%), Selenium: 13.12µg (18.75%), Vitamin E: 2.37mg (15.81%), Folate: 57.79µg (14.45%), Phosphorus: 124.26mg (12.43%), Fiber: 3.02g (12.09%), Vitamin B3: 2.25mg (11.24%), Vitamin B6: 0.22mg (11.03%), Vitamin A: 521.43IU (10.43%), Zinc: 1.51mg (10.1%), Vitamin B1: 0.15mg (9.9%), Vitamin B2: 0.16mg (9.13%), Potassium: 318.44mg (9.1%), Vitamin B12: 0.51µg (8.55%), Iron: 1.51mg (8.41%), Manganese: 0.16mg (8%), Magnesium: 29.24mg (7.31%), Calcium: 64.54mg (6.45%), Copper: 0.09mg (4.61%), Vitamin B5: 0.36mg (3.6%)