



Chicken Breasts with Orange Glaze

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.3 pounds chicken breast halves boneless skinless
- 1 teaspoon cornstarch
- 0.5 teaspoon ground mustard
- 0.5 cup orange juice
- 0.3 cup orange marmalade
- 2 tablespoons soya sauce

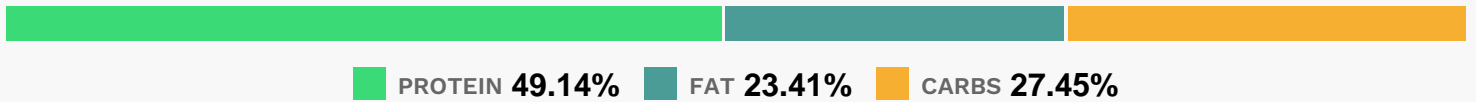
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Melt butter in 8-inch skillet or 3-quart saucepan over medium heat. Cook chicken in butter about 15 minutes, turning once, until juice of chicken is no longer pink when center of thickest piece is cut.
- While chicken is cooking, mix cornstarch and mustard in small bowl. Stir in remaining ingredients.
- Place chicken on serving plate; cover to keep warm. Discard any juices left in the skillet.
- To make the glaze, pour orange mixture into skillet.
- Heat to boiling over medium heat, stirring constantly. Boil about 1 minute, stirring constantly, until glaze is thickened.
- Pour over chicken.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.71, Inflammation Score:-4, Nutrition Score:15.675652151522%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 258.48kcal (12.92%), Fat: 6.65g (10.23%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 17.23g (6.27%), Sugar: 14.77g (16.42%), Cholesterol: 90.72mg (30.24%), Sodium: 711.76mg (30.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.83%), Vitamin B3: 15.29mg (76.43%), Selenium: 46.12µg (65.88%), Vitamin B6: 1.1mg (54.86%), Phosphorus: 318.38mg (31.84%), Vitamin C: 18.19mg (22.04%), Vitamin B5: 2.12mg (21.21%), Potassium: 616.28mg (17.61%), Magnesium: 45.31mg (11.33%), Vitamin B2: 0.17mg

(10.1%), Vitamin B1: 0.13mg (8.49%), Zinc: 0.9mg (6%), Vitamin A: 242.2IU (4.84%), Vitamin B12: 0.29µg (4.78%), Iron: 0.86mg (4.76%), Folate: 18.83µg (4.71%), Copper: 0.08mg (4.2%), Manganese: 0.08mg (4.04%), Vitamin E: 0.41mg (2.77%), Calcium: 21.62mg (2.16%), Fiber: 0.31g (1.24%)