



Chicken Breasts with Orange Glaze



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



1034 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

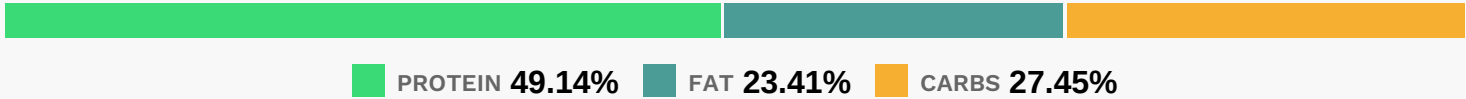
Equipment

- ☐ 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:67, Glycemic Load:6.83, Inflammation Score:-9, Nutrition Score:40.263478144355%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1033.93kcal (51.7%), Fat: 26.6g (40.93%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 70.17g (23.39%), Net Carbohydrates: 68.94g (25.07%), Sugar: 59.1g (65.66%), Cholesterol: 362.87mg (120.96%), Sodium: 2847.04mg (123.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 125.66g (251.31%), Vitamin B3: 61.15mg (305.74%), Selenium: 184.47µg (263.52%), Vitamin B6: 4.39mg (219.44%), Phosphorus: 1273.52mg (127.35%), Vitamin C: 72.74mg (88.17%), Vitamin B5: 8.48mg (84.82%), Potassium: 2465.1mg (70.43%), Magnesium: 181.24mg

(45.31%), Vitamin B2: 0.69mg (40.39%), Vitamin B1: 0.51mg (33.94%), Zinc: 3.6mg (24%), Vitamin A: 968.79IU (19.38%), Vitamin B12: 1.15µg (19.13%), Iron: 3.42mg (19.02%), Folate: 75.32µg (18.83%), Copper: 0.34mg (16.78%), Manganese: 0.32mg (16.18%), Vitamin E: 1.66mg (11.06%), Calcium: 86.49mg (8.65%), Fiber: 1.24g (4.94%), Vitamin D: 0.57µg (3.78%), Vitamin K: 1.31µg (1.25%)