



Chicken Breasts with Orange Glaze for Two

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons butter melted
- 0.5 pound chicken breast halves boneless skinless
- 0.5 teaspoon cornstarch
- 0.3 teaspoon ground mustard
- 0.3 cup orange juice
- 2 tablespoons orange marmalade
- 1 tablespoon soya sauce

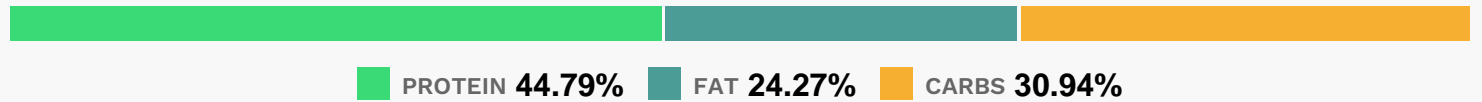
Equipment

- 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:3.42, Inflammation Score:-6, Nutrition Score:24.811738967896%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 455.92kcal (22.8%), Fat: 12.24g (18.82%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 34.47g (12.54%), Sugar: 29.55g (32.83%), Cholesterol: 145.15mg (48.38%), Sodium: 1362.46mg (59.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.8g (101.59%), Vitamin B3: 24.66mg (123.3%), Selenium: 74.09µg (105.84%), Vitamin B6: 1.77mg (88.49%), Phosphorus: 517.81mg (51.78%), Vitamin C: 35.69mg (43.26%), Vitamin B5: 3.43mg (34.34%), Potassium: 1022.98mg (29.23%), Magnesium: 75.89mg (18.97%), Vitamin

B2: 0.29mg (16.87%), Vitamin B1: 0.22mg (14.56%), Zinc: 1.47mg (9.81%), Vitamin A: 485.27IU (9.71%), Folate: 35.4µg (8.85%), Iron: 1.5mg (8.35%), Vitamin B12: 0.46µg (7.68%), Manganese: 0.15mg (7.66%), Copper: 0.15mg (7.63%), Vitamin E: 0.74mg (4.92%), Calcium: 40.56mg (4.06%), Fiber: 0.62g (2.47%), Vitamin D: 0.23µg (1.51%)