



Chicken Breasts with Orange Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons dijon mustard
- 1 tablespoon parsley fresh finely chopped
- 0.5 cup chicken broth low-sodium
- 1 cup orange juice
- 4 servings salt
- 1 shallots finely chopped
- 4 chicken breast halves boneless skinless trimmed
- 2 tablespoons butter unsalted

1 tablespoon vegetable oil

Equipment

frying pan

whisk

aluminum foil

Directions

Warm 2 tsp. oil in a large nonstick skillet over medium-high heat. Season chicken with salt. Cook 2 breast halves, turning once, until browned and cooked through, 6 to 8 minutes total.

Transfer to a plate and cover with foil to keep warm. Repeat with remaining oil and chicken.

Add shallot to pan and cook, stirring, until softened, about 30 seconds.

Add orange juice and broth and bring to a boil, stirring to scrape up browned bits from bottom of pan. When mixture boils, lower heat and simmer until reduced and thickened, about 5 minutes.

Remove from heat and whisk in mustard, parsley and butter. Season with salt.

Pour sauce over chicken and serve.

Nutrition Facts

PROTEIN 41.36% **FAT 45.51%** **CARBS 13.13%**

Properties

Glycemic Index:36.5, Glycemic Load:3.56, Inflammation Score:-6, Nutrition Score:15.633043532786%

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 Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 248.07kcal (12.4%), Fat: 12.4g (19.08%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.79g (6.43%), Cholesterol: 87.37mg (29.12%), Sodium: 363.92mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.73%), Vitamin B3: 12.48mg (62.4%), Selenium: 37.22µg (53.17%), Vitamin B6: 0.9mg (44.93%), Vitamin C: 34.2mg (41.45%), Phosphorus: 265.4mg (26.54%), Vitamin K: 23.52µg (22.4%), Vitamin B5: 1.77mg (17.65%), Potassium: 599.35mg (17.12%), Magnesium: 39.65mg (9.91%), Vitamin B1: 0.14mg (9.19%), Vitamin B2: 0.15mg (8.63%), Vitamin A: 419.1IU (8.38%), Folate: 27.15µg (6.79%), Zinc: 0.77mg (5.16%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.27µg (4.46%), Iron: 0.78mg (4.36%), Copper: 0.08mg (4.15%), Manganese: 0.06mg (2.83%), Calcium: 20.72mg (2.07%), Fiber: 0.46g (1.86%), Vitamin D: 0.22µg (1.45%)