



Chicken in balsamic, orange & rosemary sauce

READY IN



35 min.

SERVINGS



4

CALORIES



463 kcal

SAUCE

Ingredients

- ☐ 3 tbsp balsamic vinegar
- ☐ 1 knob butter
- ☐ 2 tsp rosemary leaves fresh chopped
- ☐ 1 tsp muscovado sugar light
- ☐ 2 tbsp olive oil
- ☐ 1 sprigs orange segents and rosemary to garnish fresh
- ☐ 4 servings rice and salad to serve green boiled
- ☐ 4 chicken breasts boneless skinless

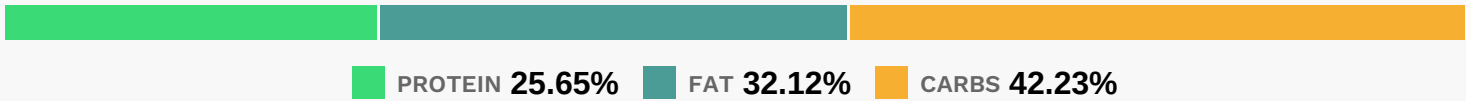
Equipment

- ☐ frying pan

Directions

- ☐ Put the chicken between pieces of cling film and flatten slightly by bashing with a pan. Unwrap and sprinkle on both sides with pepper.
- ☐ Heat the oil in a pan over a medium heat, then fry the chicken for 5 minutes, turning halfway through.
- ☐ Pour 2 tbsp vinegar over the chicken, add the orange juice and stock and sprinkle with the rosemary and salt. Bring to the boil, lower the heat and bubble gently for 5 minutes until tender, spooning with the sauce frequently and turning chicken halfway through. Stir in the sugar, butter and rest of the vinegar, then sizzle for a few minutes until reduced and glossy.
- ☐ Put the chicken in a serving dish, spoon the sauce over and garnish with orange and rosemary.
- ☐ Serve with rice and a crisp green salad.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:14.372608635737%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 462.52kcal (23.13%), Fat: 16.21g (24.93%), Saturated Fat: 4.82g (30.09%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 45.88g (16.68%), Sugar: 4.6g (5.11%), Cholesterol: 83.61mg (27.87%), Sodium: 748.05mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Vitamin B3: 13.39mg (66.96%), Selenium: 36.22µg (51.75%), Vitamin B6: 0.85mg (42.41%), Vitamin A: 1675.89IU (33.52%), Phosphorus: 241.14mg (24.11%), Potassium: 576.72mg (16.48%), Vitamin B5: 1.62mg (16.21%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.18mg (10.79%), Vitamin E: 1.34mg (8.97%), Fiber: 2.06g (8.22%), Magnesium: 31.34mg (7.84%), Iron: 0.95mg (5.27%), Vitamin K: 4.81µg (4.58%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.23µg (3.92%), Vitamin C: 2.77mg (3.35%),

Folate: 13.14µg (3.29%), Calcium: 32.09mg (3.21%), Manganese: 0.04mg (1.83%), Copper: 0.04mg (1.76%)