



Chicken in Citrus Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



818 kcal

SAUCE

Ingredients

- ☐ 3 pounds chicken thighs
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 tablespoons grapefruit juice fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons julienne-cut lemon rind
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 tablespoon julienne-cut grapefruit rind

- ☐ 1 teaspoon julienne-cut lime rind
- ☐ 0.8 cup low-salt chicken broth
- ☐ 1 teaspoon butter
- ☐ 0.8 cup orange juice fresh
- ☐ 2 tablespoons julienne-cut orange rind
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup water
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

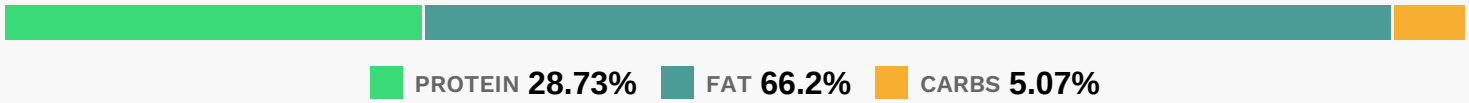
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Combine first 5 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Drain, reserving citrus rind.
- ☐ Combine citrus rind, citrus juices, broth, wine, and sugar in a small bowl; stir well, and set aside.
- ☐ Sprinkle salt and pepper over chicken.
- ☐ Heat margarine in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side.
- ☐ Add juice mixture; cover, reduce heat, and simmer 35 minutes.
- ☐ Remove chicken from skillet with tongs or a slotted spoon; set aside, and keep warm.

- ☐
- Combine vinegar and cornstarch; stir well.
- ☐
- Add cornstarch mixture to juice mixture in skillet; simmer, uncovered, 10 minutes or until thickened and slightly reduced, stirring constantly. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:25.9000000209394%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 6.36mg, Hesperetin: 6.36mg, Hesperetin: 6.36mg, Hesperetin: 6.36mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 817.84kcal (40.89%), Fat: 58.64g (90.22%), Saturated Fat: 15.82g (98.88%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.94g (6.6%), Cholesterol: 336.02mg (112.01%), Sodium: 437.52mg (19.02%), Alcohol: 1.58g (100%), Alcohol %: 0.4% (100%), Protein: 57.26g (114.51%), Selenium: 64.28µg (91.83%), Vitamin B3: 16.81mg (84.05%), Vitamin B6: 1.21mg (60.58%), Phosphorus: 567.56mg (56.76%), Vitamin C: 32.52mg (39.42%), Vitamin B12: 2.3µg (38.36%), Vitamin B5: 3.6mg (35.99%), Zinc: 4.5mg (30.01%), Vitamin B2: 0.49mg (28.65%), Potassium: 868.26mg (24.81%), Vitamin B1: 0.3mg (20.07%), Magnesium: 73.47mg (18.37%), Iron: 2.64mg (14.66%), Copper: 0.23mg (11.55%), Vitamin A: 419.02IU (8.38%), Vitamin K: 7.48µg (7.12%), Folate: 26.42µg (6.6%), Vitamin E: 0.81mg (5.39%), Calcium: 44.35mg (4.43%), Manganese: 0.08mg (4.02%), Fiber: 0.59g (2.36%), Vitamin D: 0.34µg (2.29%)