



Chicken Saute with Triple Berry Glaze

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup pillsbury best® all purpose flour
- 12 ounce smucker's® orchard's northwest triple berry preserves
- 1.5 teaspoons pepper black freshly ground
- 3 tablespoons puritan canola oil with omega-3 dha, divided, as needed crisco®
- 2 pounds chicken breast tenders boneless skinless
- 2 tablespoons horseradish prepared
- 1 teaspoon salt

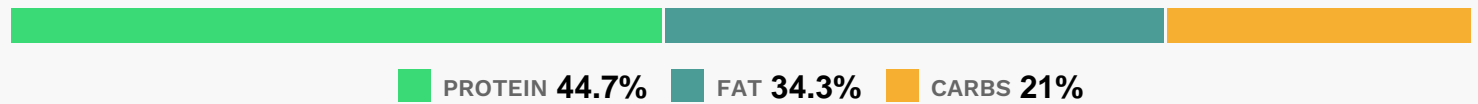
Equipment

- bowl
- frying pan
- kitchen thermometer
- aluminum foil

Directions

- Combine salt, pepper and flour in a shallow bowl. Coat chicken with seasoned flour. Shake off excess flour.
- Heat 2 tablespoons oil in a large skillet over medium heat.
- Saute chicken in batches, using additional oil as needed, about 4–6 minutes per side or until golden brown and an instant read thermometer reads 170 degrees F.
- Transfer chicken to platter, loosely covered with foil.
- Combine preserves and horseradish in skillet, cooking over low heat until sauce begins to bubble. Return chicken to skillet, stirring to coat chicken evenly.
- Serve over rice pilaf and garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:8.93, Inflammation Score:-6, Nutrition Score:25.619565113731%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 457.1kcal (22.85%), Fat: 17.15g (26.38%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 20.47g (7.44%), Sugar: 7.83g (8.7%), Cholesterol: 145.15mg (48.38%), Sodium: 877.27mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.29g (100.57%), Vitamin B3: 25.06mg (125.29%), Selenium: 78.2µg (111.72%), Vitamin B6: 1.76mg (88.17%), Phosphorus: 506.01mg (50.6%), Vitamin B5: 3.42mg (34.24%), Potassium: 930.33mg (26.58%), Vitamin K: 23.26µg (22.15%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.3mg (19.76%), Manganese: 0.37mg (18.61%), Vitamin E: 2.69mg (17.96%), Magnesium: 69.98mg (17.49%), Fiber: 3.16g (12.62%), Folate: 48.02µg (12.01%), Zinc: 1.56mg (10.38%), Iron: 1.83mg (10.15%), Vitamin C: 6.72mg (8.14%), Vitamin B12: 0.45µg (7.56%), Copper: 0.13mg (6.33%), Calcium: 28.37mg (2.84%), Vitamin A: 111.41IU (2.23%), Vitamin D: 0.23µg (1.51%)