



Chicken Thighs with Mustard-Citrus Sauce



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth low-sodium canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup dijon mustard
- ☐ 3 tablespoons garlic divided minced
- ☐ 3 tablespoons honey divided
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice

- ☐ 0.5 teaspoon orange zest
- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons shallots chopped
- ☐ 8 chicken thighs boneless skinless
- ☐ 1 tablespoon worcestershire sauce

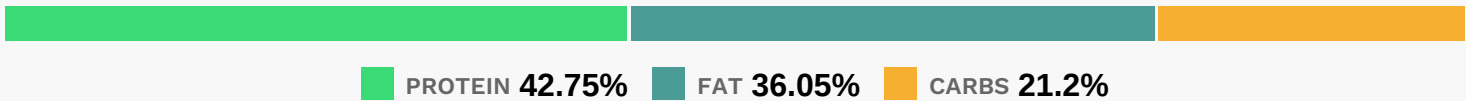
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Mix lemon juice, Worcestershire sauce, 1 Tbsp. garlic and 2 Tbsp. honey in a plastic bag.
- ☐ Add chicken and marinate in fridge for 1 hour.
- ☐ Heat oil in a large skillet.
- ☐ Remove thighs from marinade, pat dry and sprinkle with salt and pepper. Brown chicken on all sides, about 10 minutes.
- ☐ Remove chicken from pan, add shallots, remaining garlic and crushed red pepper; cook 2 minutes. Return chicken to pan and add orange juice and broth. Simmer, turning once, until chicken is cooked through, about 10 minutes.
- ☐ Remove chicken to plate.
- ☐ Add mustard, orange zest and remaining honey to skillet. Bring to a boil and whisk until sauce thickens, about 7 minutes. Spoon over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:24.53, Glycemic Load:4.66, Inflammation Score:-3, Nutrition Score:11.519565167634%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 215.39kcal (10.77%), Fat: 8.62g (13.26%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 10.78g (3.92%), Sugar: 8.64g (9.6%), Cholesterol: 107.35mg (35.78%), Sodium: 416.82mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Selenium: 28.77µg (41.09%), Vitamin B3: 6.79mg (33.94%), Vitamin B6: 0.57mg (28.68%), Phosphorus: 238.24mg (23.82%), Vitamin C: 12.45mg (15.1%), Vitamin B5: 1.45mg (14.54%), Vitamin B2: 0.23mg (13.42%), Zinc: 1.88mg (12.51%), Vitamin B12: 0.75µg (12.42%), Potassium: 393.61mg (11.25%), Vitamin B1: 0.14mg (9.48%), Magnesium: 34.21mg (8.55%), Iron: 1.39mg (7.7%), Manganese: 0.12mg (6.13%), Copper: 0.11mg (5.43%), Vitamin K: 5.68µg (5.41%), Vitamin E: 0.78mg (5.21%), Folate: 12.99µg (3.25%), Calcium: 28.25mg (2.82%), Fiber: 0.62g (2.49%), Vitamin A: 85.26IU (1.71%)