



Chicken Things



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup honey
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless cut into cubes
- ☐ 0.5 cup worcestershire sauce

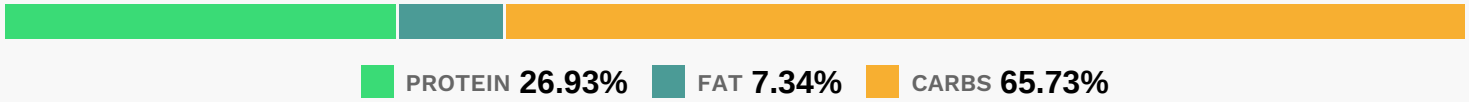
Equipment

- ☐ frying pan

Directions

- ☐ In an electric skillet, combine the chicken cubes, Worcestershire sauce, 1/2 cup of honey, salt and pepper.
- ☐ Let sit for a minute to mingle the flavors, then turn the heat to 400 degrees F (200 degrees C). If using a regular skillet, turn the heat to medium-high.
- ☐ Cook chicken for 20 minutes, stirring occasionally to prevent sticking.
- ☐ Drain off juices, and then add the remaining honey. Continue cooking until the sauce becomes thick and sticks to the chicken.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:27.33, Inflammation Score:-2, Nutrition Score:12.994347655255%

Nutrients (% of daily need)

Calories: 348.83kcal (17.44%), Fat: 2.93g (4.51%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 58.9g (21.42%), Sugar: 55.62g (61.8%), Cholesterol: 72.32mg (24.11%), Sodium: 871.21mg (37.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.39%), Vitamin B3: 12.1mg (60.52%), Selenium: 36.85µg (52.64%), Vitamin B6: 0.86mg (43.1%), Phosphorus: 260.67mg (26.07%), Potassium: 727.87mg (20.8%), Vitamin B5: 1.66mg (16.55%), Iron: 2.52mg (14.01%), Vitamin B2: 0.18mg (10.71%), Magnesium: 35.34mg (8.84%), Vitamin C: 6.14mg (7.45%), Vitamin B1: 0.1mg (6.43%), Copper: 0.12mg (6.2%), Zinc: 0.86mg (5.75%), Calcium: 46.98mg (4.7%), Manganese: 0.08mg (4.22%), Vitamin B12: 0.23µg (3.77%), Folate: 8.56µg (2.14%), Vitamin E: 0.24mg (1.62%), Vitamin A: 61.74IU (1.23%)