



Chicken Veronique

READY IN



75 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2.5 pounds meat from a rotisserie chicken cut into pieces
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup grapes green seedless
- ☐ 6 servings optional: lemon sliced
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup orange marmalade
- ☐ 6 servings parsley italian chopped
- ☐ 0.5 teaspoon salt

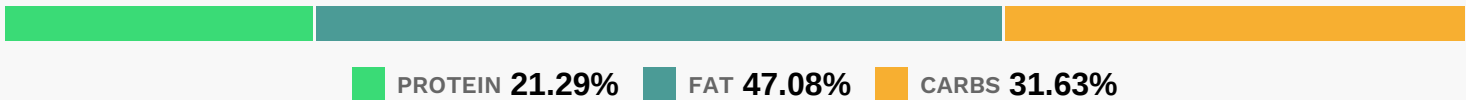
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Pour olive oil and butter into a 9x13-inch baking dish. With a spatula, spread oil and butter to cover the bottom of the baking dish.
- ☐ Place the flour, salt, and chicken pieces into a large resealable plastic bag, and shake to coat lightly. Arrange chicken pieces skin-side down in a single layer in the baking dish.
- ☐ Bake in preheated oven for 20 minutes. Turn chicken pieces and bake 10 minutes.
- ☐ Brush chicken with 1/2 marmalade, and bake until the chicken is golden brown and fork tender, about 10 to 15 minutes.
- ☐ Remove chicken to a serving platter, and keep warm.
- ☐ Reserve 2 tablespoons of drippings to a saucepan, and place over medium-high heat. Stir in chicken stock. In a small bowl, mix together cornstarch and lemon juice; stir into stock mixture. Bring to a boil, and cook until sauce thickens, 3 to 4 minutes. Stir in remaining marmalade. Stir in grapes, and cook until heated through.
- ☐ Serve sauce over chicken, and garnish with lemon slices and parsley.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:4.03, Inflammation Score:-5, Nutrition Score:12.411304390949%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 350.24kcal (17.51%), Fat: 18.51g (28.48%), Saturated Fat: 5.59g (34.91%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 27.18g (9.88%), Sugar: 19g (21.11%), Cholesterol: 74.26mg (24.75%), Sodium: 347.41mg (15.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.67%), Vitamin K: 70.46µg (67.11%), Vitamin B3: 7.21mg (36.07%), Selenium: 15.98µg (22.83%), Vitamin B6: 0.37mg (18.64%), Vitamin C: 15.15mg (18.36%), Phosphorus: 158.14mg (15.81%), Vitamin B2: 0.19mg (11.25%), Vitamin A: 550.3IU (11.01%), Zinc: 1.35mg (9.03%), Vitamin B5: 0.9mg (9%), Iron: 1.54mg (8.58%), Vitamin B1: 0.13mg (8.5%), Potassium: 293.14mg (8.38%), Folate: 28.05µg (7.01%), Magnesium: 25.41mg (6.35%), Copper: 0.12mg (6.16%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.29µg (4.75%), Manganese: 0.08mg (3.88%), Fiber: 0.8g (3.21%), Calcium: 31.87mg (3.19%), Vitamin D: 0.18µg (1.21%)