



Chicken with Brussels Sprouts and Mustard Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider
- 0.3 teaspoon pepper black freshly ground
- 12 ounces brussels sprouts trimmed halved
- 2 tablespoons butter divided
- 1 tablespoon parsley fresh chopped
- 0.8 cup beef broth fat-free divided
- 2 tablespoons olive oil divided

- 0.4 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless
- 2 tablespoons dijon mustard

Equipment

- frying pan
- oven
- whisk

Directions

- Preheat oven to 450
- Heat a large ovenproof skillet over high heat.
- Add 1 tablespoon oil.
- Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven.
- Bake at 450 for 9 minutes or until done.
- Remove chicken from pan; keep warm.
- Heat pan over medium-high heat.
- Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened.
- Whisk in mustard, 1 tablespoon butter, and parsley.
- Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- Add Brussels sprouts; saut 2 minutes or until lightly browned.
- Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender.
- Serve sprouts with chicken and sauce.

Nutrition Facts



■ PROTEIN **44.81%** ■ FAT **44.23%** ■ CARBS **10.96%**

Properties

Glycemic Index:54.69, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:30.995217940082%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 357.4kcal (17.87%), Fat: 17.62g (27.11%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.18g (2.25%), Sugar: 3.41g (3.79%), Cholesterol: 123.91mg (41.3%), Sodium: 647.91mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.17g (80.35%), Vitamin K: 172.3µg (164.09%), Vitamin B3: 18.45mg (92.23%), Vitamin C: 75.83mg (91.91%), Selenium: 58.43µg (83.48%), Vitamin B6: 1.47mg (73.48%), Phosphorus: 427.48mg (42.75%), Potassium: 1085.34mg (31.01%), Vitamin B5: 2.73mg (27.3%), Vitamin A: 957.62IU (19.15%), Manganese: 0.37mg (18.62%), Magnesium: 68.98mg (17.25%), Vitamin B1: 0.25mg (16.38%), Folate: 60.96µg (15.24%), Vitamin E: 2.28mg (15.19%), Vitamin B2: 0.26mg (15.16%), Fiber: 3.65g (14.59%), Iron: 2.07mg (11.52%), Zinc: 1.41mg (9.43%), Vitamin B12: 0.35µg (5.87%), Copper: 0.12mg (5.81%), Calcium: 53.95mg (5.39%), Vitamin D: 0.17µg (1.13%)