



Chicken with Cranberries

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 24 ounces chicken breast halves boneless skinless
- 0.3 cup butter
- 1 cup cranberries fresh
- 1 cup water
- 0.5 cup brown sugar packed
- 1 tablespoon red wine vinegar

1 Dash nutmeg

Equipment

bowl

frying pan

Directions

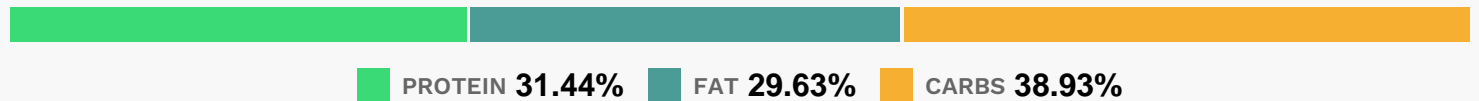
In a shallow bowl, combine flour, salt and pepper; dredge the chicken. In a large skillet, cook chicken in butter until browned on both sides.

Remove chicken and set aside.

In the same skillet, combine the cranberries, water, brown sugar, vinegar and nutmeg; cover and simmer for 5 minutes.

Place chicken on top; cover and simmer for 30 minutes. To serve, spoon cranberry mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:14.057826094005%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 332.86kcal (16.64%), Fat: 10.85g (16.69%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 30.98g (11.26%), Sugar: 18.59g (20.66%), Cholesterol: 92.91mg (30.97%), Sodium: 394.14mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.77%), Vitamin B3: 12.79mg (63.97%), Selenium: 41.92µg (59.89%), Vitamin B6: 0.87mg (43.7%), Phosphorus: 260.53mg (26.05%), Vitamin B5: 1.77mg (17.69%), Potassium: 478.98mg (13.69%), Vitamin B1: 0.2mg (13.22%), Vitamin B2: 0.2mg (11.61%), Manganese: 0.21mg (10.62%), Magnesium: 36.71mg (9.18%), Folate: 33.9µg (8.48%), Iron: 1.34mg (7.45%), Vitamin A: 281.01IU (5.62%), Zinc: 0.81mg (5.37%), Vitamin C: 3.71mg (4.5%), Vitamin E: 0.67mg (4.43%), Fiber: 1.08g (4.31%), Vitamin B12: 0.24µg (4.05%), Copper: 0.08mg (4.03%), Calcium: 28.96mg (2.9%), Vitamin K: 1.91µg (1.81%)