



WHATSheATE



Chicken with Cranberry-Honey Mustard Sauce



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 lb chicken breast uncooked (not breaded)
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons dijon honey mustard
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup spring onion thinly sliced (4 medium)

- ☐ 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 4 cups brown rice white cooked

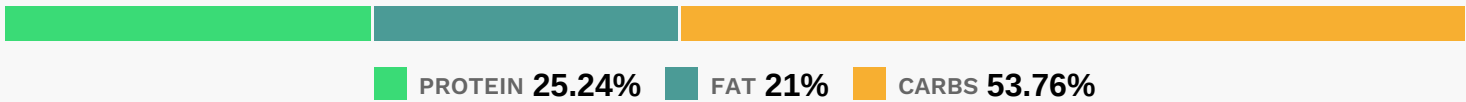
Equipment

- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ In 12-inch nonstick skillet, heat butter over medium heat until hot.
- ☐ Add chicken to skillet; season with salt. Cook 5 to 7 minutes, turning halfway through cook time, until chicken is no longer pink in center.
- ☐ In measuring cup, mix chicken broth and cornstarch; stir into skillet. Stir in honey mustard and dried cranberries. Cook about 3 minutes, stirring occasionally, until mixture thickens. Stir in green onions; cook about 1 minute longer or just until onions are tender.
- ☐ Remove from heat, stir in yogurt.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:21.05, Glycemic Load:22.19, Inflammation Score:-6, Nutrition Score:24.76869559288%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 507.15kcal (25.36%), Fat: 11.7g (18%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 67.37g (22.46%), Net Carbohydrates: 62.88g (22.87%), Sugar: 16.34g (18.16%), Cholesterol: 74.28mg (24.76%), Sodium: 789.64mg (34.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.25%), Manganese: 2.23mg (111.44%), Vitamin B3: 14.68mg (73.4%), Vitamin B6: 1.17mg (58.69%), Selenium: 38.28µg (54.69%), Phosphorus: 465.76mg

(46.58%), Magnesium: 126.33mg (31.58%), Vitamin B5: 2.72mg (27.16%), Vitamin K: 26.91µg (25.63%), Potassium: 722.64mg (20.65%), Vitamin B1: 0.31mg (20.48%), Fiber: 4.49g (17.97%), Vitamin B2: 0.28mg (16.27%), Zinc: 2.38mg (15.88%), Calcium: 124.33mg (12.43%), Copper: 0.22mg (10.87%), Iron: 1.69mg (9.38%), Vitamin B12: 0.51µg (8.58%), Vitamin E: 1.14mg (7.6%), Folate: 21.85µg (5.46%), Vitamin C: 2.98mg (3.61%), Vitamin A: 100.33IU (2.01%)