



Chicken with Honey-Beer Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 2 tablespoons flat-leaf parsley leaves fresh
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons shallots thinly sliced

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon whole-grain dijon mustard

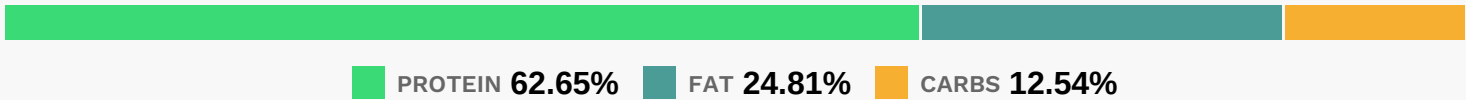
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chicken evenly with pepper and salt.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add shallots to pan; cook 1 minute or until translucent.
- ☐ Combine beer and next 3 ingredients (through honey) in a small bowl; stir with a whisk.
- ☐ Add beer mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 3 minutes or until liquid is reduced to 1/2 cup. Return chicken to pan; turn to coat with sauce.
- ☐ Sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:3.03, Inflammation Score:-5, Nutrition Score:19.270869343177%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 253.52kcal (12.68%), Fat: 6.58g (10.13%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5.01g (5.57%), Cholesterol: 108.86mg (36.29%), Sodium: 602.67mg (26.2%), Alcohol: 1.15g (100%), Alcohol %: 0.64% (100%), Protein: 37.41g (74.81%), Vitamin B3: 18.05mg (90.27%), Selenium: 56.06µg (80.09%), Vitamin B6: 1.33mg (66.61%), Phosphorus: 384.73mg (38.47%), Vitamin K: 34.89µg (33.23%), Vitamin B5: 2.51mg (25.08%), Potassium: 711.65mg (20.33%), Magnesium: 56.21mg (14.05%), Vitamin B2: 0.2mg (12.05%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.14mg (7.61%), Vitamin C: 5.34mg (6.48%), Manganese: 0.12mg (6.14%), Iron: 1.05mg (5.84%), Vitamin B12: 0.35µg (5.77%), Vitamin E: 0.74mg (4.92%), Folate: 18.07µg (4.52%), Vitamin A: 223.16IU (4.46%), Copper: 0.07mg (3.36%), Fiber: 0.57g (2.26%), Calcium: 20.9mg (2.09%), Vitamin D: 0.17µg (1.13%)