



CHICKEN WITH LIME AND HONEY (POLLO AL LIMON Y MIEL)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast bone in , skin on
- ☐ 1 tablespoon dijon mustard
- ☐ 4 servings ground pepper fresh
- ☐ 0.5 cup honey
- ☐ 4 tablespoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt

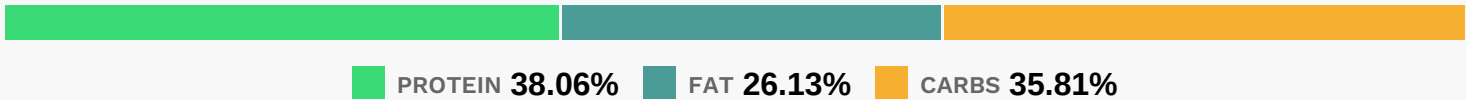
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Preheat the oven to 350° F.Rub the chicken breast with olive oil and sprinkle generously with salt and pepper.
- ☐ Place the chicken skin side down in a baking dish and cook for 30 minutes. When the chicken is cooking, in a small bowl mix the honey, lime juice, mustard, salt and pepper.
- ☐ Pour the honey mixture over the chicken breasts and continue cooking for another 10 to 15 minutes or until tender and the juices run clear when a skewer is inserted into the thickest part of the meat.
- ☐ Remove the chicken to a serving platter and let it stand for 5 minutes then serve.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:18.23, Inflammation Score:-3, Nutrition Score:18.473043597263%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 403.1kcal (20.16%), Fat: 11.82g (18.19%), Saturated Fat: 2g (12.52%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 36.11g (13.13%), Sugar: 35.1g (39%), Cholesterol: 115.71mg (38.57%), Sodium: 446.92mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.49%), Vitamin B3: 18.95mg (94.76%), Selenium:

59.49µg (84.99%), Vitamin B6: 1.37mg (68.65%), Phosphorus: 387.68mg (38.77%), Vitamin B5: 2.64mg (26.36%), Potassium: 715.61mg (20.45%), Magnesium: 51.03mg (12.76%), Vitamin B2: 0.2mg (11.87%), Vitamin E: 1.4mg (9.32%), Vitamin B1: 0.13mg (8.44%), Vitamin C: 6.9mg (8.36%), Zinc: 1.18mg (7.86%), Vitamin B12: 0.36µg (6.03%), Iron: 0.97mg (5.39%), Vitamin K: 4.89µg (4.65%), Manganese: 0.09mg (4.63%), Copper: 0.07mg (3.62%), Folate: 9.86µg (2.46%), Calcium: 16.68mg (1.67%), Fiber: 0.33g (1.33%), Vitamin A: 64.95IU (1.3%), Vitamin D: 0.18µg (1.21%)