



Chicken with Orange and Lemon Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cornstarch
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup milk
- ☐ 1 cup splenda® no calorie sweetener

- ☐ 1.3 cups orange juice
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 12 servings salt and pepper to taste
- ☐ 12 chicken breast halves boneless skinless
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ gravy boat

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a small bowl beat together eggs and milk.
- ☐ Add 2 cups flour, salt and pepper. Beat all together until smooth. In a shallow dish or plate mix together the breadcrumbs and almonds. Dip chicken in egg batter, then in breadcrumb mixture.
- ☐ In a large skillet melt 1 tablespoon butter/margarine and saute coated chicken in skillet 8 to 10 minutes.
- ☐ Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.
- ☐ To Make Sauce: Meanwhile, in a medium saucepan mix together the SPLENDA® Granulated Sweetener, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour. Then stir in the orange juice, lemon juice, and 1/2 cup water.
- ☐ Mix all together and cook over low heat, stirring constantly, until the mixture boils.
- ☐ Let boil for 3 minutes, then remove from heat.

- ☐ Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together.
- ☐ Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:9.68, Inflammation Score:-4, Nutrition Score:14.925217491129%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 272.24kcal (13.61%), Fat: 5.77g (8.88%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 27.01g (9.82%), Sugar: 17.27g (19.19%), Cholesterol: 104.55mg (34.85%), Sodium: 465.82mg (20.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.15%), Vitamin B3: 12.56mg (62.81%), Selenium: 41.37µg (59.1%), Vitamin B6: 0.9mg (44.84%), Phosphorus: 293.3mg (29.33%), Vitamin C: 17.56mg (21.29%), Vitamin B5: 1.91mg (19.12%), Potassium: 536.83mg (15.34%), Vitamin B1: 0.2mg (13.6%), Vitamin B2: 0.22mg (13.16%), Magnesium: 40.21mg (10.05%), Vitamin B12: 0.43µg (7.24%), Folate: 27.76µg (6.94%), Zinc: 0.99mg (6.6%), Iron: 1.08mg (6.01%), Calcium: 56.7mg (5.67%), Manganese: 0.11mg (5.62%), Vitamin A: 189.92IU (3.8%), Copper: 0.08mg (3.77%), Vitamin D: 0.48µg (3.22%), Fiber: 0.61g (2.43%), Vitamin E: 0.36mg (2.38%)