



Chicken with Orange-Chipotle Sauce



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon chipotle chile canned chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.3 teaspoons ground cumin divided
- ☐ 2 tablespoons honey
- ☐ 4 large navel oranges
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

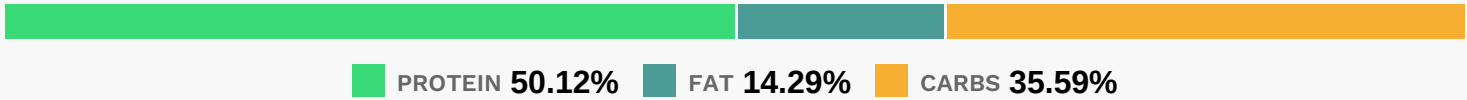
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Peel and section oranges over a bowl; squeeze membranes to extract juice. Set sections aside; reserve juice. Discard membranes.
- ☐ Place chicken breast halves between 2 sheets of plastic wrap, and pound to 1/2-inch thickness using a meat mallet or a small heavy skillet.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1 teaspoon cumin.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add chicken, and cook 7 minutes on each side or until browned and done.
- ☐ Remove from pan, and keep warm.
- ☐ Add orange sections, reserved juice, honey, chile, and remaining 1/4 teaspoon cumin to pan; increase heat to medium-high, and cook, uncovered, 7 minutes or until mixture is reduced to 1 cup. Stir in cilantro and 1/8 teaspoon salt.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:24.137391403965%

Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg,

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Nutrients (% of daily need)

Calories: 297.45kcal (14.87%), Fat: 4.76g (7.32%), Saturated Fat: 1g (6.24%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 23.38g (8.5%), Sugar: 20.6g (22.89%), Cholesterol: 108.86mg (36.29%), Sodium: 418.3mg (18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.53g (75.07%), Vitamin C: 84.94mg (102.95%), Vitamin B3: 18.38mg (91.9%), Selenium: 54.55µg (77.93%), Vitamin B6: 1.39mg (69.51%), Phosphorus: 393.04mg (39.3%), Vitamin B5: 2.8mg (27.98%), Potassium: 879.48mg (25.13%), Magnesium: 62.18mg (15.55%), Vitamin B2: 0.25mg (14.58%), Vitamin B1: 0.21mg (13.87%), Folate: 54.8µg (13.7%), Fiber: 3.27g (13.06%), Vitamin A: 418.31IU (8.37%), Zinc: 1.15mg (7.69%), Calcium: 75.42mg (7.54%), Iron: 1.3mg (7.21%), Vitamin B12: 0.34µg (5.67%), Copper: 0.11mg (5.52%), Manganese: 0.1mg (4.84%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.17µg (1.13%)