



Chinese-Style Glazed Chicken Breasts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon fruit spread
- ☐ 1 tablespoon vegetable oil

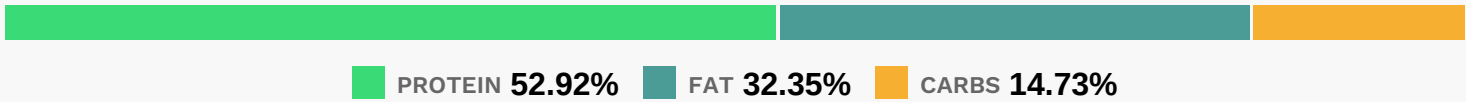
Equipment

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

Directions

- ☐ Combine first 3 ingredients in a small bowl; set aside.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat vegetable oil in a large skillet over medium-high heat.
- ☐ Add chicken, and saut for 3 minutes on each side.
- ☐ Remove chicken from pan. Reduce heat; carefully stir in broth mixture. Return chicken to pan; cook 3 minutes or until done, turning to coat.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:11.470869375312%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.75kcal (9.49%), Fat: 6.64g (10.22%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.38g (4.86%), Cholesterol: 72.81mg (24.27%), Sodium: 611.87mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Vitamin B3: 12mg (60.01%), Selenium: 36.85µg (52.64%), Vitamin B6: 0.86mg (42.87%), Phosphorus: 242.99mg (24.3%), Vitamin B5: 1.64mg (16.4%), Potassium: 438.09mg (12.52%), Magnesium: 31.86mg (7.96%), Vitamin B2: 0.13mg (7.94%), Vitamin K: 6.62µg (6.31%), Vitamin B1: 0.07mg (4.93%), Zinc: 0.69mg (4.6%), Vitamin B12: 0.26µg (4.25%), Vitamin E: 0.52mg (3.49%), Iron: 0.55mg

(3.08%), Copper: 0.05mg (2.48%), Manganese: 0.05mg (2.48%), Vitamin C: 1.83mg (2.22%), Folate: 6.58µg (1.64%), Calcium: 10.25mg (1.03%), Fiber: 0.25g (1.02%)