



Cider Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

BEVERAGE

DRINK

Ingredients

- 1.3 cups apple juice
- 0.3 cup calvados
- 1 teaspoon thyme leaves dried
- 0.8 cup nonfat milk
- 0.7 cup prune- cut to pieces pitted
- 3 tablespoons quick-cooking rice cereal
- 4 servings salt and pepper
- 0.5 cup shallots minced

4 boned rinsed

Equipment

frying pan

oven

blender

Directions

In an 8- to 10-inch nonstick frying pan over medium-high heat, boil shallots, thyme, and 1/2 cup water until pan is dry. Stir often until shallots are light brown, 8 to 10 minutes total.

Add cider, calvados, and prunes to pan; bring to a boil. Lift out prunes and set aside. Boil liquid down to 3/4 cup.

Add milk and cereal and stir until boiling.

In a blender, puree sauce. Season to taste with salt and pepper.

In each of 4 shallow casseroles (5 by 8 in.), place a half breast; cover with sauce.

Bake in a 450 oven until meat is white in thickest part (cut to test), about 12 minutes.

Add prunes.

Nutrition Facts



PROTEIN 35.24% **FAT 9.45%** **CARBS 55.31%**

Properties

Glycemic Index:37, Glycemic Load:10.24, Inflammation Score:-7, Nutrition Score:19.102608587431%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 348.46kcal (17.42%), Fat: 3.33g (5.12%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 40.33g (14.67%), Sugar: 23.16g (25.74%), Cholesterol: 73.7mg (24.57%), Sodium: 352.33mg (15.32%), Alcohol: 5.01g (100%), Alcohol %: 1.97% (100%), Protein: 27.9g (55.81%), Vitamin B3: 13.29mg (66.46%), Selenium: 41.74µg (59.62%), Vitamin B6: 1.06mg (53.17%), Phosphorus: 343.82mg (34.38%), Potassium: 889.52mg (25.41%), Vitamin K: 22.01µg (20.97%), Vitamin B5: 2.07mg (20.68%), Manganese: 0.38mg (19.04%), Vitamin B1: 0.25mg (16.78%), Vitamin B2: 0.25mg (14.76%), Magnesium: 58.98mg (14.74%), Fiber: 3.46g (13.85%), Folate: 47.84µg (11.96%), Iron: 2.15mg (11.95%), Calcium: 103.18mg (10.32%), Zinc: 1.3mg (8.69%), Copper: 0.17mg (8.67%), Vitamin B12: 0.49µg (8.21%), Vitamin A: 365.56IU (7.31%), Vitamin C: 4.72mg (5.72%), Vitamin D: 0.62µg (4.12%), Vitamin E: 0.38mg (2.55%)