



Citrus Garlic Cranberry Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1.5 cups catalina salad dressing
- ☐ 1 ounce onion soup mix dry
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon orange zest grated
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup sun-dried tomatoes packed in oil, drained and cut into thin matchsticks
- ☐ 16 ounce jellied cranberry sauce canned

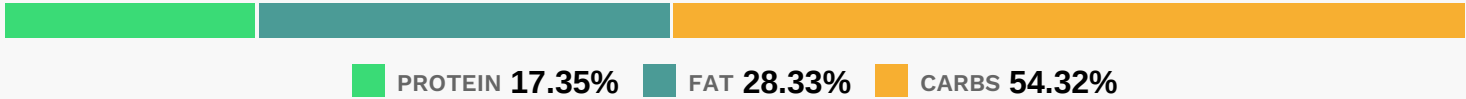
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray an 8x11 baking dish with cooking spray.
- ☐ Place the chicken breasts in a single layer into the baking dish.
- ☐ Mix the Catalina dressing and orange zest in a bowl, and pour all over the chicken, coating the meat completely.
- ☐ Sprinkle the packet of onion soup mix evenly over the chicken.
- ☐ Open the can of cranberry sauce, and stir it with a fork to break it apart into a slightly chunky consistency. Spoon the cranberry sauce over the chicken breasts, and sprinkle with sun-dried tomato pieces, garlic, and black pepper. Cover the dish with foil; cut a small vent in top of foil for steam.
- ☐ Bake in the preheated oven for 15 minutes; remove foil, and bake an additional 25 to 30 minutes, basting occasionally with pan juices and dressing. When done, chicken meat will no longer be pink inside and the juices will run clear. An instant-read thermometer inserted into the thickest part of a breast should read at least 165 degrees F (75 degrees C).

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:17.513043610946%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 644.46kcal (32.22%), Fat: 20.04g (30.84%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 86.45g (28.82%), Net Carbohydrates: 82.95g (30.16%), Sugar: 66.42g (73.81%), Cholesterol: 72.32mg (24.11%), Sodium: 1878.83mg (81.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.24%), Vitamin B3: 13.27mg (66.33%), Selenium: 38.02µg (54.31%), Vitamin B6: 0.97mg (48.73%), Phosphorus: 309.01mg (30.9%), Potassium: 982.46mg (28.07%), Manganese: 0.43mg (21.61%), Vitamin B5: 1.97mg (19.72%), Magnesium: 63.3mg (15.83%), Copper: 0.29mg (14.39%), Fiber: 3.5g (14%), Vitamin B2: 0.23mg (13.3%), Iron: 2.27mg (12.6%), Vitamin B1: 0.19mg (12.41%), Vitamin C: 9.09mg (11.01%), Vitamin E: 1.28mg (8.55%), Vitamin K: 8.02µg (7.64%), Zinc: 1.07mg (7.12%), Vitamin A: 204.54IU (4.09%), Calcium: 38.78mg (3.88%), Folate: 15.16µg (3.79%), Vitamin B12: 0.23µg (3.77%)