



Citrus-Ginger Chicken

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup orange juice
- 0.3 cup juice of lime
- 2 tablespoons honey
- 1 teaspoon ginger finely chopped
- 1 teaspoon thyme leaves dried fresh chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper black red
- 1.3 pounds chicken breast halves boneless skinless

- 1 tablespoon butter
- 1 medium cranberry-orange relish seedless peeled cut into slices
- 1 leaves thyme leaves fresh

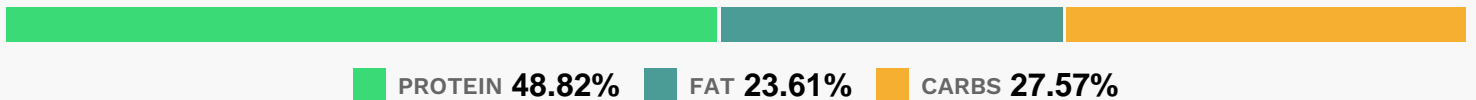
Equipment

- bowl
- frying pan

Directions

- Mix orange juice, lime juice, honey, gingerroot and 1 teaspoon thyme in medium bowl.
- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Sprinkle salt and pepper blend over chicken. Cook chicken in skillet 3 to 4 minutes, turning once, until brown. Stir in orange juice mixture.
- Heat to boiling; reduce heat to medium-low. Cover and cook 8 to 10 minutes or until chicken is no longer pink when centers of thickest pieces are cut.
- Remove chicken from skillet.
- Heat sauce in skillet to boiling.
- Add butter. Cook, stirring constantly, until butter is melted and sauce is slightly thickened.
- Serve sauce over chicken and orange slices.
- Sprinkle with additional thyme.

Nutrition Facts



Properties

Glycemic Index:70.94, Glycemic Load:7.53, Inflammation Score:-8, Nutrition Score:17.332173855408%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 13.99mg, Hesperetin: 13.99mg, Hesperetin: 13.99mg, Hesperetin: 13.99mg Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 253.27kcal (12.66%), Fat: 6.62g (10.19%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.32g (5.94%), Sugar: 14.55g (16.17%), Cholesterol: 90.72mg (30.24%), Sodium: 343.96mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin B3: 15.05mg (75.27%), Selenium: 45.66µg (65.23%), Vitamin B6: 1.11mg (55.3%), Vitamin C: 40.45mg (49.03%), Phosphorus: 312.03mg (31.2%), Vitamin B5: 2.2mg (21.95%), Potassium: 678.7mg (19.39%), Magnesium: 46.7mg (11.67%), Vitamin B2: 0.18mg (10.33%), Vitamin B1: 0.15mg (10.12%), Vitamin A: 347.29IU (6.95%), Folate: 26.97µg (6.74%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.29µg (4.78%), Iron: 0.82mg (4.58%), Fiber: 1.08g (4.3%), Copper: 0.08mg (4.08%), Manganese: 0.08mg (3.76%), Vitamin E: 0.49mg (3.23%), Calcium: 31.16mg (3.12%)