



## Cranberry Glazed Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 16 ounce chicken breasts boneless skinless
- ☐ 0.5 cup heinz tomato ketchup
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup cranberry sauce

### Equipment

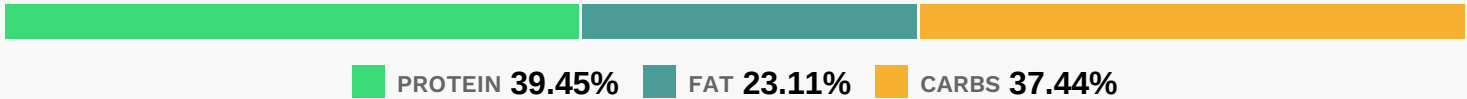
- ☐ frying pan

- ☐ plastic wrap
- ☐ rolling pin

## Directions

- ☐ Flatten chicken breasts by placing meat between two pieces of plastic wrap. Starting in the center, pound chicken with a mallet or rolling pin to an even thickness.
- ☐ Thoroughly mix ketchup with cranberry sauce, sugar and allspice.
- ☐ Heat oil in a large skillet over medium high heat. Brown chicken for 2 minutes on each side then reduce heat.
- ☐ Pour sauce mixture over chicken in skillet. Cover and simmer 4 minutes, stirring occasionally. Turn chicken; simmer an additional 5 minutes or until chicken reaches internal temperature of 165 degrees F (74 degrees C) or is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:21.27, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:12.49478252556%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 249.46kcal (12.47%), Fat: 6.43g (9.9%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 22.94g (8.34%), Sugar: 18.52g (20.58%), Cholesterol: 72.57mg (24.19%), Sodium: 405.5mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin B3: 12.3mg (61.47%), Selenium: 36.65µg (52.35%), Vitamin B6: 0.9mg (45.1%), Phosphorus: 247.48mg (24.75%), Vitamin B5: 1.63mg (16.3%), Potassium: 515mg (14.71%), Vitamin B2: 0.17mg (10.05%), Magnesium: 34.25mg (8.56%), Vitamin E: 1.26mg (8.38%), Vitamin K: 7.87µg (7.49%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.72mg (4.8%), Vitamin A: 203.29IU (4.07%), Vitamin B12: 0.23µg (3.78%), Iron: 0.68mg (3.77%), Vitamin C: 2.99mg (3.62%), Manganese: 0.07mg (3.57%), Copper: 0.07mg (3.3%), Fiber: 0.5g (2.01%), Folate: 7.63µg (1.91%), Calcium: 12.06mg (1.21%)