



## Cranberry-Orange Chicken

 Gluten Free

READY IN



78 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon butter melted
- 32 ounce chicken breasts bone-in skinless
- 2 teaspoons cornstarch
- 1 tablespoon juice of lemon fresh
- 3 tablespoons soya sauce low-sodium
- 0.3 cup orange juice fresh
- 1 teaspoon orange rind grated
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 16 ounce whole-berry cranberry sauce canned

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350
- Sprinkle chicken evenly with salt and pepper; coat with cooking spray.
- Heat a nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken, meat side down, to pan; cook 5 minutes or until browned.
- Transfer chicken to a 13 x 9- inch baking dish coated with cooking spray.
- Combine cranberry sauce and next 5 ingredients in a small bowl, stirring until blended.
- Pour evenly over chicken. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 30 minutes or until chicken is done.
- Transfer chicken to a serving platter, reserving drippings; keep warm.
- Whisk together drippings and cornstarch in a small saucepan. Bring to a boil over medium-high heat; cook 1 minute or until slightly thick.
- Serve over chicken.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:23.148695541465%

## 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 Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.07mg, Myricetin: 3.07mg, Myricetin: 3.07mg, Myricetin: 3.07mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 467.06kcal (23.35%), Fat: 7.14g (10.98%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 48.01g (17.46%), Sugar: 37.52g (41.69%), Cholesterol: 147.84mg (49.28%), Sodium: 854.46mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.41g (100.82%), Vitamin B3: 23.98mg (119.88%), Selenium: 73.16µg (104.51%), Vitamin B6: 1.74mg (87.15%), Phosphorus: 504.4mg (50.44%), Vitamin B5: 3.31mg (33.1%), Potassium: 951.08mg (27.17%), Magnesium: 71.83mg (17.96%), Vitamin B2: 0.29mg (16.81%), Vitamin C: 13.74mg (16.65%), Vitamin B1: 0.18mg (12.17%), Vitamin E: 1.58mg (10.52%), Zinc: 1.46mg (9.72%), Manganese: 0.17mg (8.62%), Iron: 1.52mg (8.46%), Vitamin B12: 0.46µg (7.6%), Fiber: 1.47g (5.87%), Copper: 0.11mg (5.34%), Folate: 21.09µg (5.27%), Vitamin A: 180.91IU (3.62%), Vitamin K: 2.35µg (2.24%), Calcium: 22.04mg (2.2%), Vitamin D: 0.23µg (1.51%)