



Double Plum Baked Chicken



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sriracha (such as sambal oelek)
- ☐ 0.5 cup prune- cut to pieces dried halved (9)
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.3 cup spring onion ()
- ☐ 0.8 cup beef broth fat-free
- ☐ 1 teaspoon mustard chinese
- ☐ 1 tablespoon olive oil divided

- ☐ 0.5 cup cooking wine
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 24 ounce chicken breast halves boneless skinless

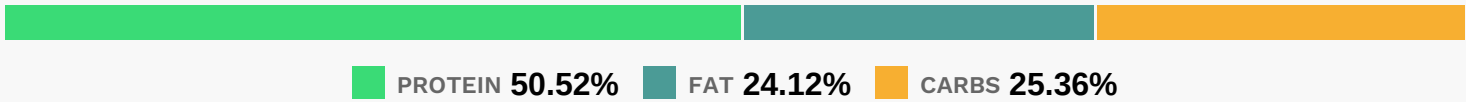
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl.
- ☐ Add shallots and ginger; saut 1 minute.
- ☐ Add wine; bring to a boil. Cook 1 minute.
- ☐ Add broth, chili sauce, and mustard; bring to a boil. Cook until reduced to 3/4 cup (about 8 minutes). Stir in plums.
- ☐ Remove from heat.
- ☐ Heat remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat; swirl.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan, and saut for 3 minutes. Turn chicken over; pour plum mixture over chicken.
- ☐ Bake at 425 for 6 minutes or until done.
- ☐ Let chicken stand 5 minutes.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:20.744347795196%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 324.28kcal (16.21%), Fat: 8.07g (12.42%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 16.6g (6.04%), Sugar: 10.47g (11.64%), Cholesterol: 108.86mg (36.29%), Sodium: 505.84mg (21.99%), Alcohol: 3.12g (100%), Alcohol %: 1.32% (100%), Protein: 38.05g (76.1%), Vitamin B3: 18.29mg (91.44%), Selenium: 55.27µg (78.96%), Vitamin B6: 1.41mg (70.47%), Phosphorus: 394.24mg (39.42%), Potassium: 999.12mg (28.55%), Vitamin K: 28.71µg (27.34%), Vitamin B5: 2.6mg (25.96%), Magnesium: 63.08mg (15.77%), Vitamin B2: 0.23mg (13.4%), Manganese: 0.22mg (10.96%), Fiber: 2.49g (9.97%), Vitamin B1: 0.14mg (9.3%), Zinc: 1.24mg (8.25%), Iron: 1.33mg (7.39%), Copper: 0.14mg (6.83%), Vitamin E: 0.97mg (6.47%), Vitamin C: 4.98mg (6.04%), Vitamin A: 285.57IU (5.71%), Vitamin B12: 0.34µg (5.67%), Folate: 18.9µg (4.72%), Calcium: 33.68mg (3.37%), Vitamin D: 0.17µg (1.13%)