



Glazed Herb Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon ground pepper
- 14 ounces chicken broth canned
- 2 teaspoons chives minced
- 3 cups rice hot cooked
- 1 tablespoon cornstarch
- 0.5 teaspoon dehydrated onion dried minced
- 0.1 teaspoon thyme dried
- 2 garlic clove minced

- 0.1 teaspoon ground allspice
- 0.3 cup honey
- 1 medium navel oranges peeled
- 0.8 cup orange juice concentrate
- 2 teaspoons orange zest grated
- 2 tablespoons red wine vinegar
- 1 pound chicken breast halves boneless skinless

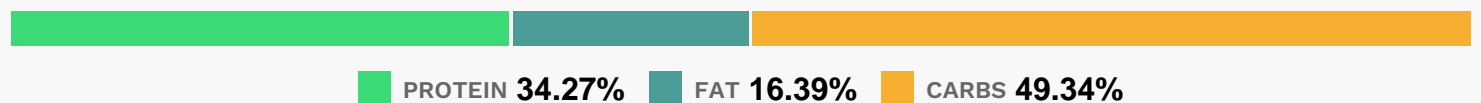
Equipment

- bowl
- sauce pan
- grill
- ziploc bags

Directions

- In a bowl, combine the first nine ingredients.
- Remove 1 cup for sauce; cover and refrigerate.
- Place the chicken in a large resealable plastic bag; add the remaining marinade. Seal bag and turn to coat; refrigerate for 2–8 hours, turning occasionally.
- Drain and discard marinade.
- Grill chicken, uncovered, over medium heat for 4 minutes on each side or until juices run clear. Meanwhile, in a saucepan, combine the cornstarch and reserved marinade until smooth. Stir in the honey. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Serve chicken with orange sections over rice; spoon sauce over top.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:70.82, Glycemic Load:45.13, Inflammation Score:-8, Nutrition Score:28.756086945534%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 642.26kcal (32.11%), Fat: 11.53g (17.73%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 78.09g (26.03%), Net Carbohydrates: 76.01g (27.64%), Sugar: 36.51g (40.56%), Cholesterol: 122.19mg (40.73%), Sodium: 617.2mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.23g (108.46%), Vitamin C: 102.07mg (123.72%), Selenium: 64.14µg (91.62%), Vitamin B3: 15.48mg (77.38%), Vitamin B6: 1.35mg (67.6%), Phosphorus: 488.12mg (48.81%), Manganese: 0.67mg (33.73%), Potassium: 1041.68mg (29.76%), Zinc: 3.92mg (26.14%), Vitamin B5: 2.51mg (25.06%), Magnesium: 87.45mg (21.86%), Vitamin B2: 0.35mg (20.68%), Vitamin B12: 1.22µg (20.32%), Vitamin B1: 0.27mg (18.31%), Folate: 65.47µg (16.37%), Iron: 2.4mg (13.33%), Copper: 0.23mg (11.3%), Vitamin A: 551.65IU (11.03%), Fiber: 2.09g (8.34%), Calcium: 75.92mg (7.59%), Vitamin E: 0.98mg (6.53%), Vitamin K: 4.42µg (4.21%), Vitamin D: 0.21µg (1.42%)