



Guava and Rosemary Glazed Chicken Breast

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose for dredging
- ☐ 2 sprigs rosemary fresh
- ☐ 1 teaspoon garlic crushed
- ☐ 0.3 cup guava jelly recommended: Smuckers
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 pounds chicken breast boneless skinless

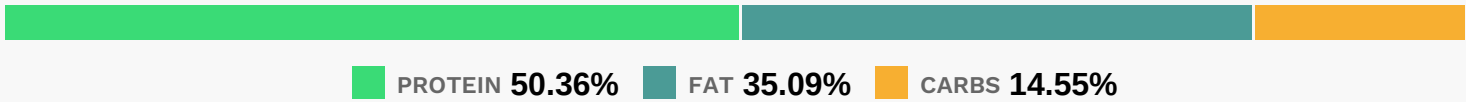
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Turn on broiler. Line a baking sheet with aluminum foil and set aside.
- ☐ In a small saucepan, over medium-low heat, combine guava jelly, juice from lime, rosemary sprigs, and crushed garlic.
- ☐ Heat through.
- ☐ In large frying pan, over medium-high heat, heat oil. Season chicken breasts with salt and pepper. Dredge seasoned chicken in flour and place in hot pan. Cook chicken 3 to 4 minutes per side or until cooked through.
- ☐ Transfer to baking sheet. Strain guava mixture into a small bowl. Generously brush guava mixture over chicken breasts.
- ☐ Place under broiler 4 to 6 inches from heat source for 1 minute. Turn chicken over and repeat 2 times.
- ☐ Remove from broiler, brush once more with guava mixture.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:6.63, Inflammation Score:-5, Nutrition Score:20.54478246751%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 306.37kcal (15.32%), Fat: 11.65g (17.93%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.77g (3.55%), Sugar: 1.39g (1.54%), Cholesterol: 108.86mg (36.29%), Sodium: 198.25mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.63g (75.26%), Vitamin B3: 18.52mg (92.61%), Selenium: 58.16µg (83.09%), Vitamin B6: 1.31mg (65.32%), Vitamin C: 35.89mg (43.5%), Phosphorus: 376.34mg (37.63%), Vitamin B5: 2.55mg (25.47%), Potassium: 711.36mg (20.32%), Vitamin B1: 0.2mg (13.56%), Vitamin B2: 0.23mg (13.49%), Magnesium: 50.55mg (12.64%), Vitamin E: 1.46mg (9.71%), Folate: 33.45µg (8.36%), Zinc: 1.11mg (7.38%), Manganese: 0.14mg (7.22%), Iron: 1.22mg (6.78%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.16µg (4.92%), Copper: 0.1mg (4.91%), Fiber: 1.1g (4.41%), Vitamin A: 142.66IU (2.85%), Calcium: 15.62mg (1.56%), Vitamin D: 0.17µg (1.13%)