



Guy Cooks With Kids: Mikaela's Cranberry Apple Chicken Breast

READY IN



75 min.

SERVINGS



2

CALORIES



1224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 cup chicken stock see
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 cups flour all-purpose
- ☐ 1 large apples green peeled chopped
- ☐ 2 teaspoons ground pepper
- ☐ 1 teaspoon honey

- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons parsley italian finely chopped
- ☐ 3 teaspoons salt divided
- ☐ 16 ounces chicken breasts boneless skinless
- ☐ 6 tablespoons butter unsalted divided

Equipment

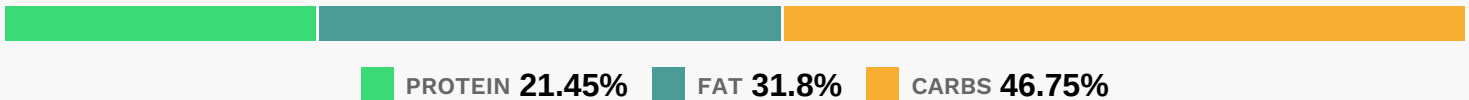
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a large saute pan over medium heat, add 2 tablespoons butter and allow to melt. When the butter is melted and bubbling, add the chopped apple. Stir in the lemon juice and honey with a spatula to coat the apples. Continue to cook until the apples are golden, stirring occasionally, 10 to 15 minutes. (If the apples get too brown, remove from the heat and set aside).
- ☐ In another large saute pan over medium-high heat, add 2 tablespoons butter and allow to melt. While the butter melts, mix together the flour, 2 teaspoons salt and the pepper in a large bowl. Dredge the chicken breasts in the flour mixture until thoroughly coated. Carefully place the dredged chicken into the heated pan and brown on each side, about 5 minutes per side.
- ☐ Remove the chicken breasts to a baking sheet or oven-safe warming plate and cover with foil. Set aside.
- ☐ In the same saute pan, add the chicken stock and apple and cranberry juices to deglaze the pan.
- ☐ Add the cinnamon stick.

- ☐
- Add the remaining 1 teaspoon salt to the mixture, whisking to combine. Allow the sauce to reduce until it reaches a nice thick brown gravy consistency, 35 to 40 minutes.
- ☐
- Remove the cinnamon stick.
- ☐
- Add the cooked apples to the thickened sauce and whisk in the remaining 2 tablespoons butter.
- ☐
- Add the cooked chicken breasts to the apples and gravy, to reheat briefly (about 1 minute). Plate the chicken breasts, top with the apples and sauce and sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:162.51, Glycemic Load:84.79, Inflammation Score:-9, Nutrition Score:45.781739151996%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 14.24mg, Epicatechin: 14.24mg, Epicatechin: 14.24mg, Epicatechin: 14.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 1223.98kcal (61.2%), Fat: 43.16g (66.4%), Saturated Fat: 23.54g (147.15%), Carbohydrates: 142.76g (47.59%), Net Carbohydrates: 134.82g (49.03%), Sugar: 36.46g (40.51%), Cholesterol: 239.05mg (79.68%), Sodium: 3940.34mg (171.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.52g (131.04%), Selenium: 118.39µg (169.13%), Vitamin B3: 33.3mg (166.52%), Vitamin B6: 1.94mg (97.16%), Vitamin B1: 1.23mg (81.85%), Manganese: 1.6mg (79.91%), Vitamin K: 79.11µg (75.34%), Phosphorus: 689.86mg (68.99%), Folate: 256.15µg (64.04%), Vitamin B2: 1.03mg (60.7%), Iron: 7.97mg (44.3%), Potassium: 1463.62mg (41.82%), Vitamin B5: 4.01mg (40.1%), Fiber: 7.94g (31.78%), Vitamin A: 1564.34IU (31.29%), Magnesium: 114.46mg (28.61%), Vitamin C: 21.46mg (26.01%), Copper: 0.44mg (21.77%), Zinc: 2.65mg (17.64%), Vitamin E: 2.58mg (17.22%), Calcium: 99.87mg (9.99%), Vitamin B12: 0.52µg (8.75%), Vitamin D: 0.86µg (5.71%)