

Honey Chicken

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon curry powder
- 0.5 teaspoon pepper black
- 0.5 cup honey
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 0.8 cup orange juice
- 0.5 teaspoon paprika
- 1 teaspoon salt

4 chicken breast halves boneless skinless

Equipment

bowl

oven

baking pan

Directions

To Marinate: In a nonporous glass dish or bowl, combine the orange juice, lemon juice, oil, honey, salt, pepper, curry powder and paprika.

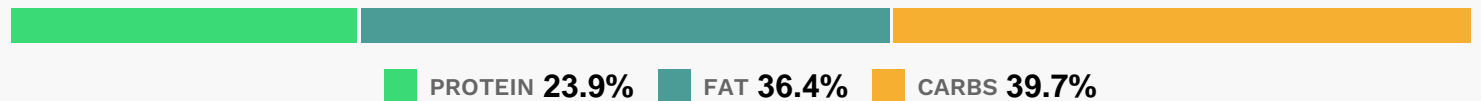
Mix well, then add chicken breasts and toss to coat. Cover dish and refrigerate to marinate overnight.

Preheat oven to 350 degrees F (175 degrees C).

Remove chicken from marinade, discarding of any remaining marinade, and place in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for about 20 to 25 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:20.72, Inflammation Score:-4, Nutrition Score:14.787391325702%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 402.51kcal (20.13%), Fat: 16.65g (25.61%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 40.34g (14.67%), Sugar: 38.93g (43.25%), Cholesterol: 72.32mg (24.11%), Sodium: 715.43mg

(31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.19%), Vitamin B3: 12.08mg (60.38%), Selenium: 36.67µg (52.38%), Vitamin B6: 0.89mg (44.52%), Vitamin C: 27.78mg (33.67%), Phosphorus: 250.43mg (25.04%), Vitamin B5: 1.75mg (17.47%), Potassium: 557.85mg (15.94%), Vitamin E: 2.37mg (15.83%), Magnesium: 37.95mg (9.49%), Vitamin K: 9.51µg (9.06%), Vitamin B2: 0.15mg (8.77%), Vitamin B1: 0.12mg (7.89%), Manganese: 0.12mg (5.85%), Iron: 1mg (5.56%), Folate: 21.75µg (5.44%), Zinc: 0.81mg (5.41%), Vitamin A: 256.78IU (5.14%), Copper: 0.08mg (3.85%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.52g (2.07%), Calcium: 18.32mg (1.83%)