



Honey-Dijon Chicken With A Kick

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

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 0.5 cup honey
- 1 tablespoon pepper flakes red
- 4 chicken breast halves boneless skinless

Equipment

- bowl
- oven
- baking pan

kitchen thermometer

aluminum foil

Directions

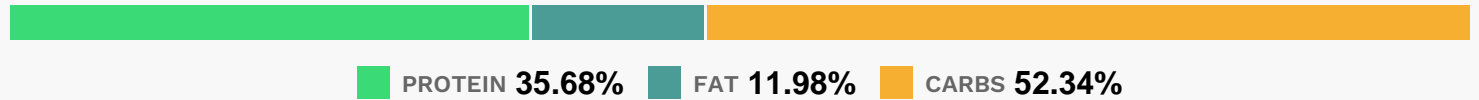
Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a baking dish; sprinkle with red pepper flakes.

Mix honey and mustard in a small bowl and pour mixture over chicken. Cover baking dish with aluminum foil.

Bake in the preheated oven until the juices run clear and chicken is no longer pink inside, about 40 minutes. An instant-read meat thermometer inserted into the thickest part of a breast should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:18.26, Inflammation Score:-5, Nutrition Score:13.629999917486%

Nutrients (% of daily need)

Calories: 272.77kcal (13.64%), Fat: 3.74g (5.75%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 35.29g (12.83%), Sugar: 35.15g (39.06%), Cholesterol: 72.32mg (24.11%), Sodium: 336.76mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin B3: 12.16mg (60.78%), Selenium: 42.2µg (60.28%), Vitamin B6: 0.91mg (45.46%), Phosphorus: 261.8mg (26.18%), Vitamin B5: 1.7mg (17.04%), Potassium: 502.48mg (14.36%), Vitamin A: 637.95IU (12.76%), Magnesium: 40.68mg (10.17%), Vitamin B2: 0.16mg (9.3%), Manganese: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.12%), Vitamin E: 1.03mg (6.88%), Iron: 1.19mg (6.61%), Zinc: 0.93mg (6.23%), Fiber: 1.45g (5.8%), Copper: 0.08mg (3.86%), Vitamin B12: 0.23µg (3.77%), Calcium: 24.6mg (2.46%), Vitamin K: 2.57µg (2.45%), Vitamin C: 1.64mg (1.99%), Folate: 7.02µg (1.75%)