



Honey-Glazed Chicken and Carrots

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz extra wide egg noodles uncooked
- ☐ 1 tablespoon vegetable oil
- ☐ 20 oz chicken thighs boneless skinless (5 or 6 thighs)
- ☐ 2 slices bacon uncooked cut into 3/4-inch pieces
- ☐ 1 cup onion coarsely chopped
- ☐ 2 cups baby carrots
- ☐ 0.5 cup honey
- ☐ 0.3 cup red wine vinegar

☐ 0.5 teaspoon thyme leaves dried

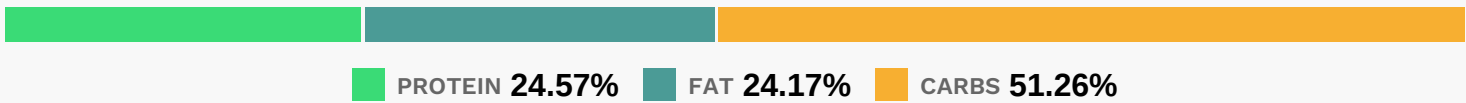
Equipment

☐ frying pan

Directions

- ☐ Cook and drain noodles as directed on package.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat.
- ☐ Add chicken, bacon, onion and carrots. Cook 8 to 10 minutes, stirring occasionally and turning chicken once, until chicken is browned.
- ☐ Stir in honey, vinegar and thyme. Reduce heat to medium. Cover; cook 5 minutes. Uncover; cook 5 to 8 minutes longer, stirring frequently, until vegetables are tender and juice of chicken is clear when center of thickest part is cut (180°F).
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:31.76, Inflammation Score:-10, Nutrition Score:25.958695748578%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 578.21kcal (28.91%), Fat: 15.61g (24.01%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 74.48g (24.83%), Net Carbohydrates: 70.42g (25.61%), Sugar: 40.33g (44.81%), Cholesterol: 177.64mg (59.21%), Sodium: 262.34mg (11.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.41%), Vitamin A: 8902.73IU (178.05%), Selenium: 68.87µg (98.39%), Vitamin B3: 9.71mg (48.55%), Vitamin B6: 0.88mg (43.91%), Phosphorus: 416.07mg (41.61%), Manganese: 0.58mg (29.04%), Vitamin B5: 2.49mg (24.86%), Zinc: 3.38mg (22.53%), Vitamin B2: 0.35mg (20.54%), Potassium: 712.28mg (20.35%), Vitamin B12: 1.09µg (18.09%), Vitamin B1: 0.27mg (17.86%), Magnesium:

70.83mg (17.71%), Iron: 2.93mg (16.28%), Fiber: 4.06g (16.24%), Vitamin K: 16.75µg (15.95%), Copper: 0.31mg (15.4%), Folate: 43.84µg (10.96%), Vitamin C: 5.31mg (6.44%), Calcium: 62.32mg (6.23%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.17µg (1.14%)