



WHATSheATE



Honey-Glazed Chicken Breasts



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 lb chicken breast boneless skinless
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt

Equipment

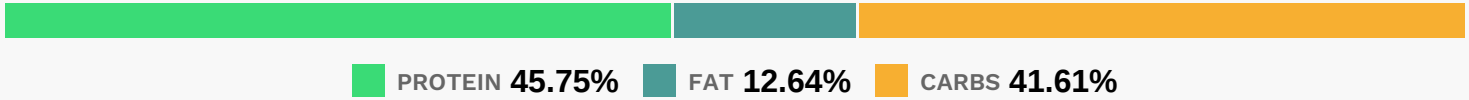
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch pan with cooking spray.
- ☐ Place chicken in pan.
- ☐ In small bowl, mix remaining ingredients; pour over chicken.
- ☐ Cover with foil; bake 20 minutes. Turn chicken; bake uncovered 20 to 30 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:13.23, Inflammation Score:-3, Nutrition Score:13.679565122594%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 247.1kcal (12.35%), Fat: 3.48g (5.35%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 25.66g (9.33%), Sugar: 25.06g (27.84%), Cholesterol: 84.67mg (28.22%), Sodium: 251.75mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.67%), Vitamin B3: 13.92mg (69.6%), Selenium: 42.59µg (60.84%), Vitamin B6: 1.01mg (50.41%), Phosphorus: 282.87mg (28.29%), Vitamin B5: 1.95mg (19.5%), Vitamin C: 14mg (16.97%), Potassium: 550.7mg (15.73%), Magnesium: 37.54mg (9.38%), Vitamin B2: 0.15mg (8.82%), Vitamin B1: 0.1mg (6.96%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.26µg (4.41%), Iron: 0.65mg (3.64%), Folate: 13.06µg (3.26%), Copper: 0.06mg (2.79%), Manganese: 0.05mg (2.31%), Vitamin E: 0.27mg (1.78%), Vitamin A: 81.32IU (1.63%), Calcium: 10.94mg (1.09%)