



Honey Lime Chicken

READY IN



15 min.

SERVINGS



2

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime
- ☐ 10 ounces chicken breasts boneless skinless cut into strips
- ☐ 1 teaspoon worcestershire sauce

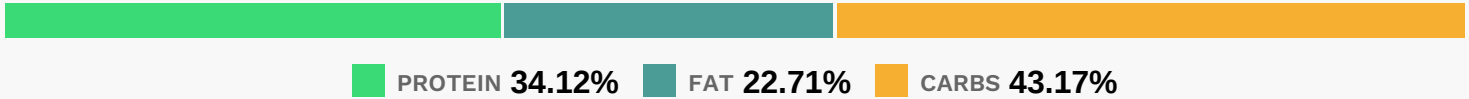
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ In a large resealable plastic bag, combine flour and cayenne.
- ☐ Add chicken, a few strips at a time, and shake to coat. 2 In a skillet, brown chicken in butter on all sides. 3
- ☐ Combine the lime juice, honey, brown sugar and Worcestershire sauce; pour over chicken. Cook for 1–2 minutes or until juices run clear and sauce is thickened.

Nutrition Facts



Properties

Glycemic Index:104.64, Glycemic Load:20.55, Inflammation Score:-5, Nutrition Score:17.396956705529%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 381.11kcal (19.06%), Fat: 9.61g (14.78%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 40.34g (14.67%), Sugar: 23.7g (26.33%), Cholesterol: 105.77mg (35.26%), Sodium: 251.75mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.47g (64.94%), Vitamin B3: 16.11mg (80.57%), Selenium: 52.78µg (75.41%), Vitamin B6: 1.09mg (54.52%), Phosphorus: 327.56mg (32.76%), Vitamin B5: 2.16mg (21.6%), Potassium: 613.92mg (17.54%), Vitamin B1: 0.26mg (17.42%), Vitamin B2: 0.26mg (15.5%), Folate: 46.49µg (11.62%), Magnesium: 44.51mg (11.13%), Iron: 1.82mg (10.09%), Manganese: 0.19mg (9.58%), Vitamin C: 6.89mg (8.35%), Zinc: 1.05mg (6.97%), Vitamin A: 331.35IU (6.63%), Vitamin B12: 0.3µg (4.92%), Copper: 0.09mg (4.48%), Vitamin E: 0.55mg (3.69%), Fiber: 0.73g (2.93%), Calcium: 23.81mg (2.38%), Vitamin K: 1.16µg (1.1%)