



## Honeyed Chicken

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

READY IN



**14 min.**

SERVINGS



**4**

CALORIES



**202 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup green onion chopped (1 large)
- 0.3 cup honey
- 2 tablespoons juice of lime fresh
- 2 tablespoons soya sauce low-sodium
- 16 ounce skinned

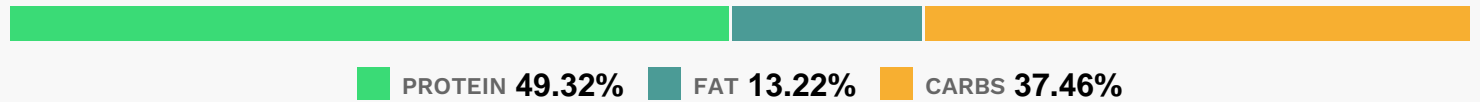
## Equipment

- frying pan

## Directions

- Brush both sides of each chicken breast half with soy sauce. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chicken and any remaining soy sauce to skillet; cook 5 to 6 minutes on each side or until chicken is done.
- Transfer to a serving platter; keep warm.
- Add honey and lime juice to skillet; simmer 1 to 2 minutes or until thickened, stirring frequently.
- Pour honey mixture over chicken; sprinkle with green onion.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:12.349130355793%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 202.12kcal (10.11%), Fat: 2.98g (4.58%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 18.71g (6.8%), Sugar: 17.71g (19.67%), Cholesterol: 72.57mg (24.19%), Sodium: 421.54mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.02%), Vitamin B3: 11.99mg (59.94%), Selenium: 36.54µg (52.2%), Vitamin B6: 0.87mg (43.69%), Phosphorus: 255.63mg (25.56%), Vitamin B5: 1.67mg (16.7%), Potassium: 484.78mg (13.85%), Vitamin K: 13.21µg (12.58%), Magnesium: 37.28mg (9.32%), Vitamin B2: 0.15mg (8.63%), Vitamin C: 4.89mg (5.93%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.8mg (5.32%), Iron: 0.72mg (3.98%), Manganese: 0.08mg (3.96%), Vitamin B12: 0.23µg (3.78%), Folate: 13.23µg (3.31%), Copper: 0.05mg (2.47%), Vitamin A: 100.08IU (2%), Vitamin E: 0.3mg (1.99%), Calcium: 14.89mg (1.49%), Fiber: 0.29g (1.16%)