



Honeyed Orange-Almond Chicken

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

READY IN



19 min.

SERVINGS



19

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds sliced
- 2 Tbsp honey
- 0.3 cup orange marmalade
- 0.3 tsp salt and pepper black
- 1 lb chicken breasts boneless skinless

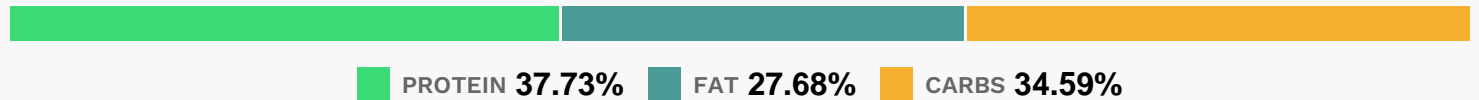
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Mix honey, salt and pepper; brush evenly on chicken.
- Place on rack of broiler pan.
- Broil chicken 4 to 6 inches from heat 5 to 7 min. on each side or until cooked through (170F).
- Brush chicken with marmalade; sprinkle with almonds. Broil an additional 1 to 2 min. or until almonds are lightly toasted.
- Serve with couscous and broccoli.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:3.0599999753353%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.31kcal (2.92%), Fat: 1.83g (2.81%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4.45g (4.94%), Cholesterol: 15.28mg (5.09%), Sodium: 60.76mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin B3: 2.58mg (12.91%), Selenium: 7.78µg (11.12%), Vitamin B6: 0.18mg (9.17%), Phosphorus: 62.04mg (6.2%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.35mg (3.54%), Magnesium: 12.87mg (3.22%), Vitamin B2: 0.05mg (3.14%), Potassium: 108.79mg (3.11%), Manganese: 0.06mg (3.08%), Copper: 0.04mg (1.8%), Zinc: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.36%), Fiber: 0.34g (1.35%), Iron: 0.19mg (1.08%)