



Hot Licks Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon orange marmalade
- ☐ 2 teaspoons poultry seasoning
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 0.3 cup water

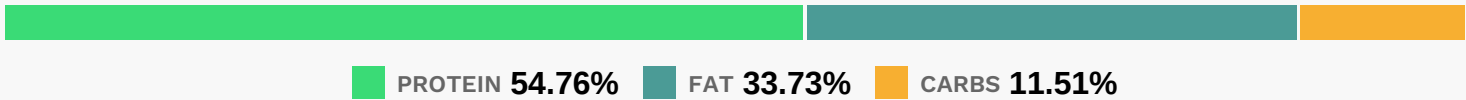
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well. Rub chicken with spice mixture; let stand 5 minutes.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 1 minute on each side or until lightly browned.
- ☐ Add water and wine to skillet; cover, reduce heat, and simmer 6 minutes or until chicken is done.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Add lemon juice and 1/8 teaspoon salt to skillet. Bring to a boil; cook 4 minutes or until reduced to 3 tablespoons.
- ☐ Remove from heat; stir in marmalade. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:12.36086969272%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 191.43kcal (9.57%), Fat: 6.66g (10.24%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.29g (3.65%), Cholesterol: 72.57mg (24.19%), Sodium: 500.23mg (21.75%), Alcohol: 1.54g (100%), Alcohol %: 1.24% (100%), Protein: 24.32g (48.64%), Vitamin B3: 11.91mg (59.56%), Selenium: 36.51µg (52.15%), Vitamin B6: 0.88mg (43.88%), Phosphorus: 246.02mg (24.6%), Vitamin B5: 1.63mg (16.3%), Potassium: 456.01mg (13.03%), Vitamin K: 10.77µg (10.25%), Magnesium: 36.02mg (9%), Vitamin B2: 0.12mg (7.2%), Manganese: 0.14mg (7.04%), Iron: 1.08mg (6.02%), Vitamin B1: 0.08mg (5.33%), Vitamin E: 0.79mg (5.25%), Zinc: 0.74mg (4.95%), Vitamin C: 3.39mg (4.11%), Vitamin B12: 0.23µg (3.78%), Copper: 0.05mg (2.74%), Calcium: 25.47mg (2.55%), Vitamin A: 120.21IU (2.4%), Folate: 7.49µg (1.87%), Fiber: 0.38g (1.53%)