



Jeweled Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 0.3 cup cranberries dried
- 0.3 cup cooking wine dry white
- 1.3 cups fat-skimmed chicken broth
- 0.8 cup fruit bits mixed dried
- 0.3 cup green onions minced
- 1 cup orange juice
- 1 teaspoon orange peel grated

- 4 servings salt
- 32 oz boned frozen

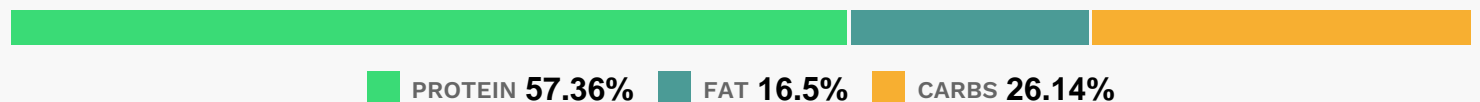
Equipment

- bowl
- frying pan

Directions

- Place chicken in an 11- to 12-inch frying pan.
- Add broth, orange peel, orange juice, wine, dried fruit bits, and dried cranberries. Cover and bring to a boil over high heat. Reduce heat and simmer until meat is no longer pink in center of thickest part (cut to test), 15 to 20 minutes total.
- Transfer chicken to a platter; keep warm.
- Boil pan juices over high heat, uncovered, until reduced to 1 cup, 3 to 4 minutes.
- Mix cornstarch with 3 tablespoons water, pour into sauce, and stir until boiling.
- Moisten chicken with some of the sauce and pour remainder into a bowl.
- Sprinkle chicken with green onions.
- Serve with remaining sauce and salt to add to taste.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:25.375217531038%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.47mg, Hesperetin: 7.47mg, Hesperetin: 7.47mg, Hesperetin: 7.47mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 361.48kcal (18.07%), Fat: 6.31g (9.71%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 20.87g (7.59%), Sugar: 16.53g (18.37%), Cholesterol: 145.15mg (48.38%), Sodium: 750.83mg (32.64%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 49.37g (98.74%), Vitamin B3: 24.45mg (122.27%), Selenium: 74.42µg (106.31%), Vitamin B6: 1.76mg (87.87%), Phosphorus: 505.83mg (50.58%), Vitamin C: 35.69mg (43.26%), Vitamin B5: 3.5mg (35.03%), Potassium: 1069.44mg (30.56%), Magnesium: 74.93mg (18.73%), Vitamin B2: 0.28mg (16.29%), Vitamin K: 15.45µg (14.72%), Vitamin B1: 0.22mg (14.56%), Vitamin B12: 0.6µg (9.92%), Zinc: 1.47mg (9.77%), Folate: 33.36µg (8.34%), Iron: 1.4mg (7.79%), Manganese: 0.14mg (7.23%), Copper: 0.14mg (6.86%), Fiber: 1.63g (6.51%), Vitamin A: 257.2IU (5.14%), Vitamin E: 0.73mg (4.87%), Calcium: 40.87mg (4.09%), Vitamin D: 0.23µg (1.51%)