



 **24%**
HEALTH SCORE

Lady Marmalade Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



4

CALORIES



297 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 chicken breast bone in skinless
- 2 tablespoons dijon mustard
- 1 jalapeno diced seeded
- 2 teaspoons juice of lime
- 1 teaspoon olive oil
- 2 tablespoons orange marmalade

Equipment

Nutrition Facts

PROTEIN 67.31% FAT 22.3% CARBS 10.39%

Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:21.254782608696%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 297.3kcal (14.86%), Fat: 7.12g (10.96%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.97g (2.53%), Sugar: 6.29g (6.99%), Cholesterol: 144.64mg (48.21%), Sodium: 350.44mg (15.24%), Protein: 48.37g (96.74%), Vitamin B3: 23.67mg (118.34%), Selenium: 74.95µg (107.07%), Vitamin B6: 1.72mg (85.77%), Phosphorus: 484.36mg (48.44%), Vitamin B5: 3.26mg (32.59%), Potassium: 862.77mg (24.65%), Magnesium: 63.29mg (15.82%), Vitamin B2: 0.24mg (13.9%), Vitamin B1: 0.16mg (10.76%), Vitamin C: 8.12mg (9.85%), Zinc: 1.37mg (9.13%), Vitamin B12: 0.45µg (7.53%), Iron: 0.99mg (5.48%), Vitamin E: 0.74mg (4.91%), Copper: 0.08mg (3.89%), Manganese: 0.07mg (3.55%), Folate: 11.66µg (2.91%), Vitamin A: 118.31IU (2.37%), Calcium: 20.61mg (2.06%), Fiber: 0.5g (2%), Vitamin K: 1.83µg (1.74%), Vitamin D: 0.23µg (1.51%)