



Loquat Chicken

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

READY IN



45 min.

SERVINGS



2

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon grapeseed oil
- 1 teaspoon ground cinnamon
- 1 tablespoon ground ginger
- 0.5 teaspoon lemon pepper
- 0.5 cup orange juice
- 2 chicken breast halves boneless skinless
- 0.5 teaspoon paprika smoked

- 0.3 cup vinegar
- 0.5 cup water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Place loquats into a saucepan and stir in water, orange juice, and brown sugar until sugar has dissolved. Bring the mixture to a boil and stir in ground ginger, cinnamon, lemon pepper, and smoked paprika. Reduce heat to low and simmer until loquats are soft and starting to break apart, about 20 minutes, occasionally whisking vigorously to help break up the fruit. When sauce is thick, stir in vinegar and simmer 3 more minutes.
- Remove from heat.
- Heat grapeseed oil in a skillet over medium heat and pan-fry chicken breasts until golden brown and no longer pink in the center, 5 to 8 minutes per side.
- Remove chicken breasts and cut into bite-size pieces, return to skillet, and stir in 1/4 the loquat sauce, scraping and dissolving any browned bits of food into the sauce.
- Serve with remaining loquat sauce on the side.

Nutrition Facts



PROTEIN 26.57% **FAT 24.66%** **CARBS 48.77%**

Properties

Glycemic Index:104, Glycemic Load:3.38, Inflammation Score:-6, Nutrition Score:18.201739103898%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 377.18kcal (18.86%), Fat: 10.25g (15.77%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 44.31g (16.11%), Sugar: 40.95g (45.5%), Cholesterol: 72.32mg (24.11%), Sodium: 146.78mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.71%), Vitamin B3: 12.38mg (61.92%), Manganese: 1.15mg (57.28%), Selenium: 38.3µg (54.72%), Vitamin B6: 0.92mg (45.78%), Vitamin C: 32.42mg (39.29%), Phosphorus: 257.78mg (25.78%), Potassium: 646.86mg (18.48%), Vitamin B5: 1.81mg (18.11%), Vitamin E: 2.43mg (16.2%), Magnesium: 48.11mg (12.03%), Vitamin B1: 0.13mg (8.78%), Iron: 1.54mg (8.58%), Vitamin B2: 0.14mg (8.43%), Vitamin A: 410.61IU (8.21%), Calcium: 62.82mg (6.28%), Folate: 24.2µg (6.05%), Zinc: 0.84mg (5.62%), Copper: 0.11mg (5.6%), Fiber: 1.31g (5.23%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 1.84µg (1.75%)