



Mango Chicken Piccata

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon pepper black
- ☐ 1 teaspoon cornstarch
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 2 tablespoons garlic powder
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon

- ☐ 1 cup apricot-mango nectar
- ☐ 0.3 cup olive oil
- ☐ 3 dashes sesame oil
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 0.8 cup water

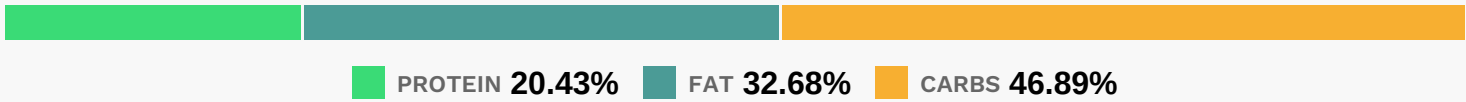
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together the egg, 2 tablespoons lemon juice, and 1 cup of mango nectar in a bowl, and set aside.
- ☐ Combine the flour, garlic powder, and pepper in a shallow dish, and set aside. Dip the chicken breasts into the egg mixture and allow the excess to drain off. Press into the flour mixture to coat and shake off the excess.
- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Place the chicken breasts into the hot oil, and cook until golden brown on both sides, about 4 minutes per side. Meanwhile, whisk together 1 cup of mango nectar, water, soy sauce, balsamic vinegar, honey, 2 tablespoon lemon juice, sesame oil, and cornstarch. Once the chicken is brown on both sides, pour in the balsamic mixture. Bring to a simmer, and cook 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:114.64, Glycemic Load:56.26, Inflammation Score:-8, Nutrition Score:35.447391364885%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 984.21kcal (49.21%), Fat: 35.91g (55.24%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 115.94g (38.65%), Net Carbohydrates: 112.02g (40.74%), Sugar: 56.45g (62.72%), Cholesterol: 190.7mg (63.57%), Sodium: 1875.66mg (81.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.5g (101%), Selenium: 85.55µg (122.21%), Vitamin B3: 22.86mg (114.28%), Vitamin B6: 1.57mg (78.69%), Manganese: 1.18mg (58.83%), Phosphorus: 555.42mg (55.54%), Vitamin B1: 0.67mg (44.72%), Vitamin B2: 0.66mg (38.96%), Folate: 153.64µg (38.41%), Iron: 6.38mg (35.42%), Vitamin B5: 3.38mg (33.82%), Vitamin C: 27.23mg (33.01%), Vitamin E: 4.87mg (32.48%), Potassium: 1026.99mg (29.34%), Magnesium: 93.76mg (23.44%), Vitamin K: 23µg (21.9%), Vitamin A: 1055.6IU (21.11%), Copper: 0.33mg (16.65%), Fiber: 3.91g (15.66%), Zinc: 2.27mg (15.12%), Calcium: 91.95mg (9.19%), Vitamin B12: 0.54µg (8.93%), Vitamin D: 0.61µg (4.07%)