



Mango-Mustard Glazed Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 0.5 cup cooking wine dry white
- 1 cup mangos peeled chopped
- 0.5 cup peach preserves
- 0.3 teaspoon pepper
- 1 cup pineapple juice
- 0.3 teaspoon salt
- 24 ounce skinned

- 1.5 tablespoons mustard stone-ground
- 1 tablespoon water

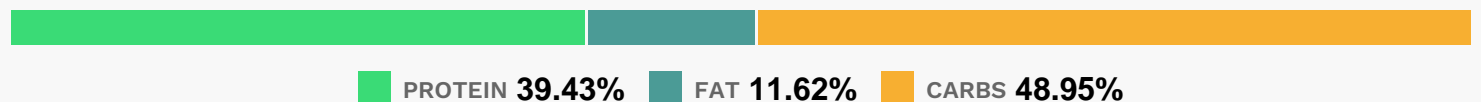
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 7 ingredients in a bowl; stir well with a whisk.
- Sprinkle chicken with salt and pepper.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add chicken; cook 3 minutes on each side or until browned.
- Remove chicken from pan.
- Add mango mixture; bring to a boil. Return chicken to pan; reduce heat, and simmer 15 minutes or until chicken is done and sauce thickens, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:14.87, Inflammation Score:-5, Nutrition Score:14.407826091932%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.36kcal (13.47%), Fat: 3.24g (4.98%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.67g (10.79%), Sugar: 21.68g (24.09%), Cholesterol: 72.57mg (24.19%), Sodium: 281.08mg (12.22%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 24.73g (49.46%), Vitamin B3: 12.14mg (60.72%), Selenium: 38.4µg (54.85%), Vitamin B6: 0.94mg (47%), Phosphorus: 258.47mg (25.85%), Vitamin C: 17.81mg (21.59%), Vitamin B5: 1.72mg (17.19%), Potassium: 559.72mg (15.99%), Manganese: 0.29mg (14.73%), Magnesium: 42.1mg (10.52%), Vitamin B2: 0.16mg (9.37%), Vitamin B1: 0.12mg (7.72%), Folate: 27.03µg (6.76%), Vitamin A: 336.65IU (6.73%), Copper: 0.12mg (6.12%), Zinc: 0.79mg (5.29%), Iron: 0.85mg (4.74%), Fiber: 1.02g (4.1%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.52mg (3.46%), Calcium: 24.17mg (2.42%), Vitamin K: 1.77µg (1.69%)