



Manhattan-Glazed Chicken

READY IN



17 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings glazed baby carrots
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon bourbon
- 1 teaspoon butter
- 0.3 cup cherry spreadable fruit (such as Polaner All Fruit)
- 1 teaspoon lower-sodium soy sauce
- 1.5 teaspoons olive oil extra-virgin
- 0.3 cup orange marmalade
- 0.3 teaspoon salt

- 24 ounce chicken breast halves boneless skinless
- 4 servings wilted spinach fresh with chile

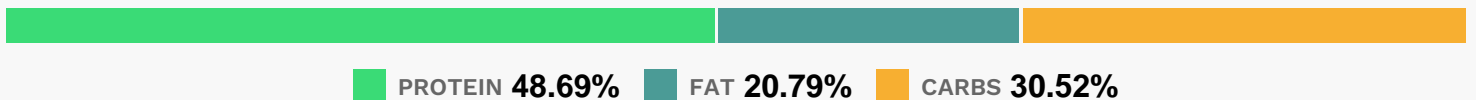
Equipment

- frying pan
- sauce pan

Directions

- Heat a large heavy skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Sprinkle chicken evenly with salt and pepper.
- Add chicken to pan; cook 5 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Place marmalade, cherry spreadable fruit, and soy sauce in a small saucepan; bring to a boil. Reduce heat, and simmer 3 minutes or until very thick, stirring frequently.
- Add butter, stirring to combine.
- Remove from heat; stir in bourbon. Spoon glaze over chicken.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:31.209999804911%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 320.12kcal (16.01%), Fat: 7.17g (11.03%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 20.13g (7.32%), Sugar: 17.85g (19.83%), Cholesterol: 111.55mg (37.18%), Sodium: 497.73mg (21.64%), Alcohol: 1.25g (100%), Alcohol %: 0.48% (100%), Protein: 37.78g (75.56%), Vitamin A: 14674.68IU (293.49%),

Vitamin K: 155.11µg (147.72%), Vitamin B3: 18.52mg (92.58%), Selenium: 55.64µg (79.49%), Vitamin B6: 1.43mg (71.52%), Phosphorus: 401mg (40.1%), Potassium: 1025.27mg (29.29%), Vitamin B5: 2.8mg (28%), Manganese: 0.45mg (22.66%), Folate: 90.66µg (22.66%), Magnesium: 78.67mg (19.67%), Vitamin C: 13.97mg (16.93%), Vitamin B2: 0.27mg (15.87%), Fiber: 3.54g (14.17%), Iron: 2.32mg (12.86%), Vitamin B1: 0.16mg (10.76%), Copper: 0.2mg (10.11%), Zinc: 1.33mg (8.84%), Vitamin E: 1.2mg (7.97%), Calcium: 75.08mg (7.51%), Vitamin B12: 0.34µg (5.71%), Vitamin D: 0.17µg (1.13%)