



Maple-Apple Chicken Breasts

 Gluten Free

READY IN



34 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon thyme leaves fresh
- 2 large granny smith apples cored peeled sliced quartered
- 0.1 teaspoon ground cinnamon
- 1 tablespoon butter light
- 2 tablespoons maple syrup
- 0.3 teaspoon salt

24 ounce chicken breast halves boneless skinless

Equipment

frying pan

ziploc bags

Directions

Combine chicken and next 3 ingredients in a large zip-top plastic bag; seal bag, and marinate chicken in refrigerator 30 minutes.

Remove chicken from marinade, reserving marinade.

Heat a large skillet over medium-high heat; coat pan with cooking spray.

Add chicken; cook 5 to 6 minutes on each side or until done.

Remove chicken from pan, and set aside.

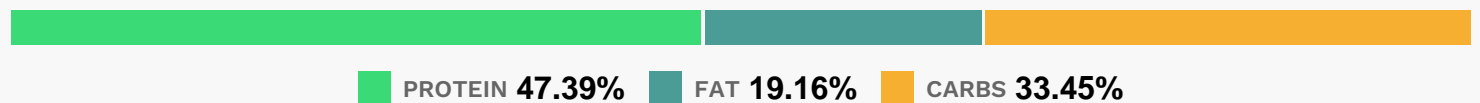
Melt butter in pan over medium-high heat.

Add apples; saut 4 minutes.

Add reserved marinade, salt, pepper, and cinnamon; bring to a boil, reduce heat, and simmer 4 minutes or until reduced slightly. Return chicken to pan; cook 2 minutes or until thoroughly heated.

Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:7.96, Inflammation Score:-6, Nutrition Score:19.150869799697%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.86mg, Epicatechin: 9.86mg, Epicatechin: 9.86mg, Epicatechin: 9.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 311.34kcal (15.57%), Fat: 6.57g (10.11%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 22.98g (8.36%), Sugar: 20.57g (22.86%), Cholesterol: 112.57mg (37.52%), Sodium: 347.22mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.15%), Vitamin B3: 17.88mg (89.4%), Selenium: 54.51µg (77.87%), Vitamin B6: 1.33mg (66.35%), Phosphorus: 373.33mg (37.33%), Vitamin B5: 2.51mg (25.1%), Potassium: 808.44mg (23.1%), Vitamin B2: 0.34mg (19.72%), Manganese: 0.35mg (17.45%), Magnesium: 54.28mg (13.57%), Fiber: 2.84g (11.35%), Vitamin C: 7.85mg (9.52%), Vitamin B1: 0.14mg (9.44%), Zinc: 1.12mg (7.49%), Vitamin B12: 0.34µg (5.75%), Iron: 0.91mg (5.07%), Copper: 0.08mg (4.16%), Vitamin E: 0.58mg (3.9%), Vitamin A: 183.72IU (3.67%), Calcium: 32.54mg (3.25%), Vitamin K: 3.19µg (3.03%), Folate: 10.32µg (2.58%), Vitamin D: 0.21µg (1.37%)