



Maple-Baked Apple Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cooking apples red sliced
- ☐ 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- ☐ 0.5 cup onions sliced
- ☐ 0.5 cup pancake syrup
- ☐ 1 lb chicken breasts boneless skinless

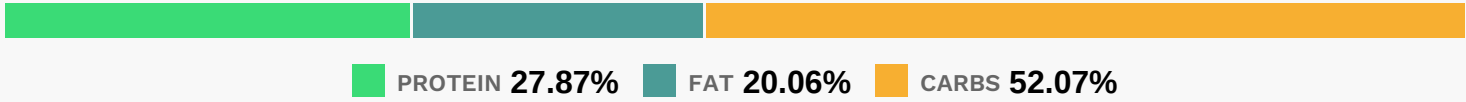
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Cook chicken in large ovenproof skillet sprayed with cooking spray on medium-high heat 3 min. on each side or until evenly browned.
- ☐ Remove from heat.
- ☐ Top chicken with onions; surround with apples.
- ☐ Mix syrup and dressing; pour over chicken.
- ☐ Bake 20 to 25 min. or until chicken is done (165F).
- ☐ Drizzle with syrup mixture from bottom of skillet.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.3634782524213%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 34.81kcal (1.74%), Fat: 0.79g (1.21%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.24g (1.38%), Cholesterol: 7.41mg (2.47%), Sodium: 36.63mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin B3: 1.2mg (5.98%), Selenium: 3.71µg (5.29%), Vitamin B6: 0.09mg (4.62%), Phosphorus: 26.08mg (2.61%), Vitamin B5: 0.17mg (1.71%), Potassium: 56.38mg (1.61%), Vitamin K: 1.33µg (1.26%), Fiber: 0.25g (1.01%)