



Maple-Balsamic Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce chicken broth canned
- ☐ 8 skinned and boned chicken thighs
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon olive oil

- ☐ 0.8 teaspoon paprika
- ☐ 3 tablespoons chunky peanut butter
- ☐ 4 servings side dish: saffron rice pilaf
- ☐ 0.8 teaspoon salt

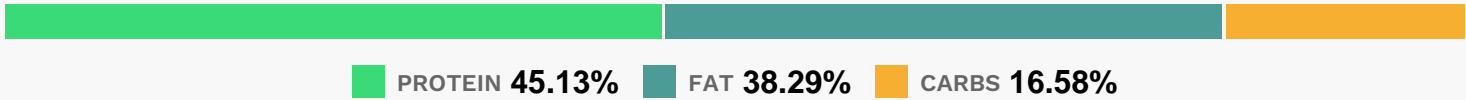
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle chicken evenly with salt, paprika, and thyme.
- ☐ Cook chicken in hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until golden brown. Stir in chicken broth and next 4 ingredients, and bring to a boil. Cover, reduce heat to low, and simmer 15 minutes.
- ☐ Remove chicken to a serving platter, and keep warm. Reserve liquid in skillet.
- ☐ Whisk peanut butter into reserved liquid, and boil over medium-high heat, uncovered, 5 minutes or until sauce is thickened; spoon sauce evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:9.24, Inflammation Score:-6, Nutrition Score:29.603912961872%

Nutrients (% of daily need)

Calories: 659.04kcal (32.95%), Fat: 27.34g (42.07%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 25.77g (9.37%), Sugar: 20.57g (22.86%), Cholesterol: 266.08mg (88.69%), Sodium: 1191.85mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.51g (145.03%), Selenium: 70.68µg (100.98%), Vitamin B3: 16.78mg (83.91%), Vitamin B6: 1.27mg (63.44%), Phosphorus: 628.04mg (62.8%), Vitamin B2: 0.87mg (51.41%), Manganese: 0.92mg (46.21%), Zinc: 6.56mg (43.73%), Vitamin B12: 2.47µg (41.23%), Vitamin B5: 2.86mg (28.62%), Magnesium: 101.93mg (25.48%), Potassium: 879.98mg (25.14%), Iron: 3.91mg (21.72%), Vitamin E: 2.5mg (16.65%), Vitamin B1: 0.24mg (16.08%), Vitamin K: 15.09µg (14.37%), Copper: 0.24mg (12.22%), Vitamin A: 481.35IU (9.63%), Calcium: 81.87mg (8.19%), Folate: 22.37µg (5.59%), Fiber: 0.89g (3.55%)