



Maple-Brined Chicken with Sautéed Brussels Sprouts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons peppercorns black
- ☐ 4 cups brussels sprouts quartered
- ☐ 2 tablespoons butter
- ☐ 4 garlic cloves crushed
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons kosher salt

- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup shallots sliced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 cups water cold

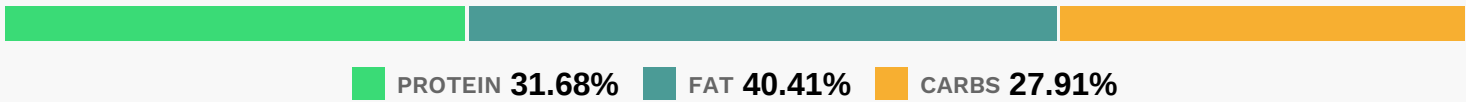
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Bring maple syrup, 1/4 cup chicken broth, 2 tablespoons kosher salt, black peppercorns, and garlic to a boil.
- ☐ Remove from heat; stir in cold water.
- ☐ Place chicken in a zip-top plastic bag; add brine. Seal; chill 2 hours.
- ☐ Remove chicken; discard brine.
- ☐ Sprinkle chicken with 1/4 teaspoon black pepper and 1/8 teaspoon kosher salt.
- ☐ Heat olive oil in a skillet over medium-high heat. Saut chicken 5 minutes on each side or until done.
- ☐ Heat butter in a pan.
- ☐ Add Brussels sprouts and shallots; saut 6 minutes. Stir in 1/4 cup chicken broth; cook 6 minutes. Stir in pecans.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:39.644347392994%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 519.04kcal (25.95%), Fat: 23.87g (36.72%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 30.14g (10.96%), Sugar: 20.95g (23.28%), Cholesterol: 123.91mg (41.3%), Sodium: 3869.15mg (168.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.1g (84.22%), Vitamin K: 167.85µg (159.86%), Manganese: 2.35mg (117.58%), Vitamin C: 80.29mg (97.32%), Vitamin B3: 18.72mg (93.6%), Vitamin B6: 1.65mg (82.49%), Selenium: 57.47µg (82.1%), Phosphorus: 487.78mg (48.78%), Potassium: 1299.28mg (37.12%), Vitamin B2: 0.63mg (36.98%), Vitamin B5: 3mg (29.96%), Fiber: 6.96g (27.83%), Magnesium: 104.32mg (26.08%), Vitamin B1: 0.37mg (24.56%), Copper: 0.41mg (20.27%), Folate: 74.71µg (18.68%), Vitamin A: 926.6IU (18.53%), Iron: 3.19mg (17.72%), Zinc: 2.41mg (16.06%), Vitamin E: 2.02mg (13.48%), Calcium: 132.57mg (13.26%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.17µg (1.13%)