



Maple-Glazed Chicken with Apple-Brussels Sprout Slaw

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 8 ounces brussels sprouts
- 2 ounce chicken cutlets
- 0.3 cup currants dried
- 1 medium gala apple cut into 1/8-inch-thick slices
- 0.5 teaspoon kosher salt divided
- 2 tablespoons maple syrup

- 2 tablespoons olive oil divided
- 3 tablespoons red wine vinegar divided

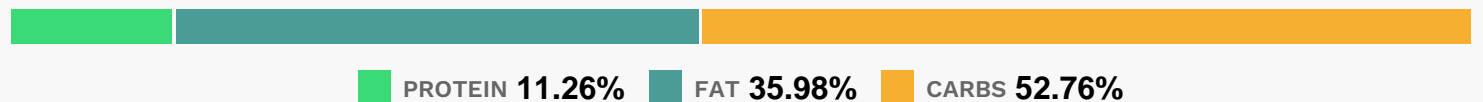
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large skillet over medium-high heat.
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add chicken to pan; cook 3 minutes on each side or until done.
- Remove from pan; keep warm.
- Add 2 tablespoons vinegar and syrup to pan; bring to a boil. Cook 1 minute or until reduced to 3 tablespoons. Return chicken to pan; turn to coat with glaze.
- Cut Brussels sprouts in half lengthwise; thinly slice crosswise.
- Place remaining 1 tablespoon oil, 1 tablespoon vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir well with a whisk.
- Add Brussels sprouts, currants, and apple; toss to combine.
- Serve slaw with chicken.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:6.72, Inflammation Score:-6, Nutrition Score:14.568260848522%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate:
0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:
0.09mg Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg 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: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 2.91mg,
Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 181.94kcal (9.1%), Fat: 7.64g (11.76%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 25.21g (8.4%), Net
Carbohydrates: 21.51g (7.82%), Sugar: 17.58g (19.53%), Cholesterol: 9.07mg (3.02%), Sodium: 327.62mg (14.24%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.77%), Vitamin K: 106.31µg (101.24%), Vitamin C:
50.94mg (61.74%), Manganese: 0.52mg (25.96%), Fiber: 3.71g (14.82%), Vitamin B6: 0.28mg (13.82%), Vitamin B2:
0.22mg (12.78%), Potassium: 421.96mg (12.06%), Vitamin E: 1.63mg (10.86%), Vitamin B3: 2.1mg (10.49%), Folate:
37.46µg (9.37%), Vitamin A: 464.27IU (9.29%), Phosphorus: 84.1mg (8.41%), Selenium: 5.52µg (7.88%), Vitamin B1:
0.12mg (7.79%), Iron: 1.2mg (6.65%), Magnesium: 25.23mg (6.31%), Calcium: 48.1mg (4.81%), Copper: 0.09mg
(4.36%), Vitamin B5: 0.41mg (4.12%), Zinc: 0.45mg (2.99%)