



Maple-Mustard Glazed Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 medium garlic clove thinly sliced
- ☐ 0.3 cup beef broth fat-free
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon dijon mustard stone-ground

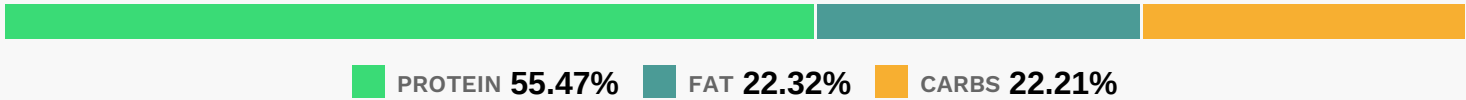
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Sprinkle chicken with pepper and salt.
- ☐ Add chicken to pan; saut 2 minutes on each side or until browned.
- ☐ Remove chicken from pan.
- ☐ Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes, stirring frequently.
- ☐ Add vinegar and mustard; cook for 1 minute, stirring constantly. Return chicken to pan, and spoon mustard mixture over chicken.
- ☐ Bake at 400 for 10 minutes or until the chicken is done.
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:18.990869817526%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 273.81kcal (13.69%), Fat: 6.56g (10.1%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 14.3g (5.2%), Sugar: 12.14g (13.49%), Cholesterol: 108.86mg (36.29%), Sodium: 413.84mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.7g (73.4%), Vitamin B3: 17.81mg (89.05%), Selenium: 55.94µg (79.91%), Vitamin B6: 1.3mg (64.97%), Phosphorus: 365.3mg (36.53%), Manganese: 0.59mg (29.39%), Vitamin B2: 0.44mg (25.59%), Vitamin B5: 2.45mg (24.52%), Potassium: 728.48mg (20.81%), Magnesium: 52.85mg (13.21%), Vitamin B1: 0.13mg (8.87%), Zinc: 1.19mg (7.95%), Vitamin B12: 0.34µg (5.67%), Iron: 0.96mg (5.31%), Vitamin C: 4.13mg (5%), Vitamin E: 0.63mg (4.19%), Calcium: 41.05mg (4.1%), Copper: 0.06mg (3.12%), Vitamin A: 102.7IU (2.05%), Vitamin K: 2.04µg (1.94%), Folate: 7.6µg (1.9%), Fiber: 0.4g (1.58%), Vitamin D: 0.17µg (1.13%)