



## Maple-Orange Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cooking wine dry white
- 0.5 cup maple syrup
- 0.8 cup orange juice
- 0.5 teaspoon salt
- 4 chicken breasts boneless skinless

### Equipment

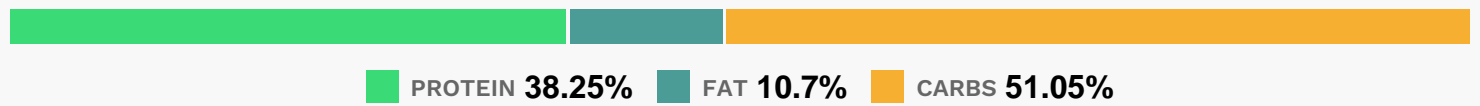
- frying pan

sauce pan

## Directions

- Bring orange juice, wine, and maple syrup to a boil in a small saucepan. Reduce heat and simmer until thickened, about 8 minutes, stirring constantly.
- Sprinkle chicken with salt and pepper. Coat large nonstick pan with cooking spray. Saut chicken over medium heat until lightly browned (about 5 minutes per side).
- Pour orange-maple mixture over chicken. Reduce heat, cover, and cook until chicken is done, about 10 minutes. Spoon glaze over chicken and serve.

## Nutrition Facts



## Properties

Glycemic Index:33.88, Glycemic Load:12.45, Inflammation Score:-4, Nutrition Score:16.799565198629%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.62mg, Hesperetin: 5.62mg, Hesperetin: 5.62mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 271.35kcal (13.57%), Fat: 3.03g (4.66%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 32.35g (11.76%), Sugar: 28.17g (31.3%), Cholesterol: 72.32mg (24.11%), Sodium: 426.65mg (18.55%), Alcohol: 1.54g (100%), Alcohol %: 0.91% (100%), Protein: 24.35g (48.7%), Vitamin B3: 12.02mg (60.12%), Selenium: 36.23µg (51.76%), Manganese: 1mg (49.97%), Vitamin B6: 0.87mg (43.66%), Vitamin B2: 0.64mg (37.7%), Vitamin C: 24.61mg (29.83%), Phosphorus: 248.3mg (24.83%), Potassium: 615.7mg (17.59%), Vitamin B5: 1.71mg (17.09%), Magnesium: 44.88mg (11.22%), Vitamin B1: 0.14mg (9.45%), Zinc: 0.98mg (6.55%), Calcium: 57.28mg (5.73%), Folate: 18.66µg (4.67%), Vitamin B12: 0.23µg (3.77%), Iron: 0.62mg (3.46%), Copper: 0.06mg (2.76%), Vitamin A: 128.27IU (2.57%), Vitamin E: 0.24mg (1.57%)