



Maple-Thyme Roasted Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon thyme sprigs dried fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 clove garlic finely chopped
- ☐ 4 chicken breast halves bone-in with large pieces of skin intact (3 lb)
- ☐ 4 tablespoons butter firm cut into smaller pieces
- ☐ 1 tablespoon vegetable oil

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground

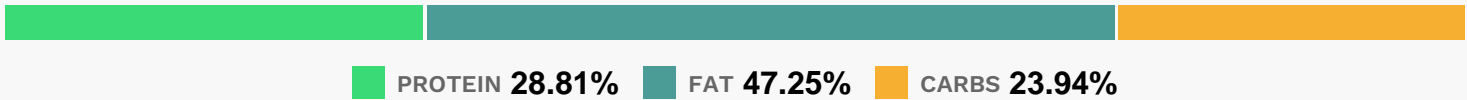
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Adjust oven rack to middle position.
- ☐ Heat oven to 425°F. Line 13x9-inch pan with foil.
- ☐ In small bowl, mix syrup, vinegar, thyme, 1/2 teaspoon salt and the garlic.
- ☐ Starting on one side of each chicken, slowly work your fingers under the skin. You are trying to loosen the connection between the skin and meat, not remove the skin.
- ☐ Place chicken, skin sides up, in foil-lined pan. For each chicken piece, use a spoon to drizzle about 2 tablespoons of the syrup mixture under the skin and spread evenly over the meat. Dot each with 1 tablespoon of the butter pieces. Evenly replace any skin you may have displaced. Rub skin with oil, then sprinkle with 1/2 teaspoon salt and the pepper.
- ☐ Roast chicken uncovered 30 to 35 minutes or until juice of chicken is no longer pink when thickest part is cut to bone (180°F).
- ☐ Remove from oven and allow to rest 5 minutes before serving to let juices reabsorb.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:7.45, Inflammation Score:-9, Nutrition Score:14.853478281394%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 341.94kcal (17.1%), Fat: 17.72g (27.26%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 19.91g (7.24%), Sugar: 17.29g (19.21%), Cholesterol: 102.42mg (34.14%), Sodium: 807.03mg (35.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.61%), Vitamin B3: 11.85mg (59.26%), Selenium: 36.41µg (52.02%), Vitamin B6: 0.86mg (43.13%), Manganese: 0.7mg (35.23%), Vitamin B2: 0.47mg (27.52%), Phosphorus: 245.38mg (24.54%), Vitamin B5: 1.64mg (16.39%), Potassium: 506.24mg (14.46%), Magnesium: 39.47mg (9.87%), Vitamin A: 467.65IU (9.35%), Vitamin K: 7.68µg (7.31%), Vitamin B1: 0.09mg (6.21%), Zinc: 0.91mg (6.04%), Vitamin E: 0.82mg (5.46%), Vitamin C: 4.39mg (5.32%), Calcium: 49.78mg (4.98%), Iron: 0.84mg (4.69%), Vitamin B12: 0.25µg (4.16%), Copper: 0.05mg (2.33%), Folate: 5.77µg (1.44%), Fiber: 0.29g (1.17%)