



Mary's maple & orange glazed chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast boneless skinless
- ☐ 3 tbsp maple syrup
- ☐ 1 tbsp coarse mustard
- ☐ 1 orange zest grated
- ☐ 1 tbsp soya sauce

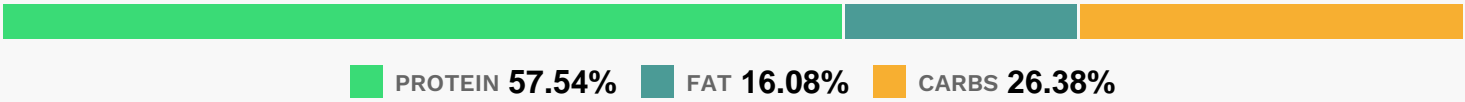
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Make several diagonal slashes across each chicken breast. Tip the other ingredients into a wide shallow bowl and swirl them together until everything is well mixed.
- ☐ Add the chicken breasts and turn them in the mixture until they are evenly coated. At this point you can cover the dish with cling film and chill the chicken for 24 hours, but its also fine to cook them straight away.
- ☐ Preheat the grill or light the BBQ. Then cook the chicken for 5–6 minutes each side, turning once and brushing or spooning over more marinade as you go, until the chicken is browned and glossy.
- ☐ Serve the chicken on a bed of dressed salad leaves.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:12.932173885729%

Nutrients (% of daily need)

Calories: 177.22kcal (8.86%), Fat: 3.06g (4.71%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 10.79g (3.92%), Sugar: 9.12g (10.13%), Cholesterol: 72.32mg (24.11%), Sodium: 425.14mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.33%), Vitamin B3: 12.02mg (60.12%), Selenium: 37.5µg (53.57%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 247.83mg (24.78%), Manganese: 0.4mg (20%), Vitamin B2: 0.32mg (18.56%), Vitamin B5: 1.65mg (16.53%), Potassium: 473.38mg (13.52%), Magnesium: 36.79mg (9.2%), Vitamin C: 5.45mg (6.61%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.23µg (3.77%), Iron: 0.63mg (3.47%), Calcium: 30.09mg (3.01%), Copper: 0.04mg (2.11%), Fiber: 0.52g (2.06%), Folate: 6.49µg (1.62%), Vitamin E: 0.24mg (1.57%)