



Orange and Balsamic Chicken Breasts

READY IN



17 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 0.3 cup orange juice
- ☐ 4 servings salt
- ☐ 1 shallots finely chopped
- ☐ 24 ounces chicken breast boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted

☐ 1 tablespoon vegetable oil

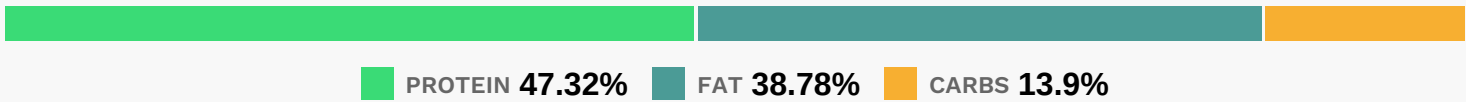
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle chicken with salt and dredge in flour, shaking off excess.
- ☐ Warm 1 Tbsp. butter and oil in a skillet over medium-high heat until butter foams.
- ☐ Add chicken; cook until cooked through and golden, turning once, about 8 minutes total.
- ☐ Transfer to a plate and cover with foil.
- ☐ Add shallot to skillet and saut until softened, about 1 minute.
- ☐ Add broth, orange juice, vinegar and sugar; cook, stirring, until slightly reduced, 1 to 2 minutes.
- ☐ Remove from heat, add remaining butter, and stir until thickened. Season with salt. Slice chicken, pour sauce on top and serve.

Nutrition Facts



Properties

Glycemic Index:69.27, Glycemic Load:6.7, Inflammation Score:-5, Nutrition Score:19.055217333462%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 13.73g (21.12%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.63g (3.86%), Sugar: 3.87g (4.31%), Cholesterol: 123.91mg (41.3%), Sodium: 399.82mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.38%), Vitamin B3: 18.57mg (92.85%), Selenium: 57.25µg (81.79%), Vitamin B6: 1.31mg (65.47%), Phosphorus: 381.24mg (38.12%), Vitamin B5: 2.52mg (25.23%), Potassium: 723.06mg (20.66%), Vitamin C: 12.87mg (15.61%), Vitamin B2: 0.22mg (13.21%), Vitamin B1:

0.19mg (12.86%), Magnesium: 50.35mg (12.59%), Folate: 29.64µg (7.41%), Zinc: 1.11mg (7.38%), Vitamin K: 7.18µg (6.84%), Iron: 1.18mg (6.57%), Vitamin B12: 0.37µg (6.2%), Vitamin A: 267.54IU (5.35%), Manganese: 0.11mg (5.3%), Vitamin E: 0.78mg (5.19%), Copper: 0.08mg (4.21%), Vitamin D: 0.28µg (1.83%), Fiber: 0.45g (1.81%), Calcium: 17.94mg (1.79%)