



## Orange-Balsamic Glazed Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 cups baby arugula
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup chicken stock see
- ☐ 2 sprigs rosemary fresh chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 scallions finely chopped
- ☐ 2 pounds chicken thighs dark light boneless skinless or any combination of and meat

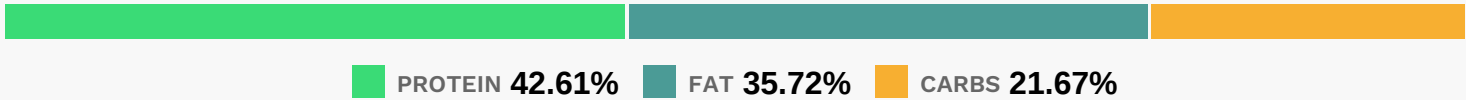
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a large pan, heat the extra-virgin olive oil over medium-high to high heat.
- ☐ Season the chicken liberally with salt, pepper and poultry seasoning. When the oil is hot and ripples, add the chicken and brown for 5 minutes, then turn and sprinkle with rosemary. Cook until the chicken is tender and cooked through, about 5 minutes more.
- ☐ In a small bowl, stir together the marmalade, vinegar and stock and pour over the chicken. Cook for 2 to 3 minutes or until the sauce has thickened and becomes a thin glaze.
- ☐ Add the scallions during the last minute of cooking time. Arrange on a serving platter and serve topped with arugula greens.

## Nutrition Facts



## Properties

Glycemic Index:36.5, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:22.833912901256%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 430.96kcal (21.55%), Fat: 16.87g (25.95%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 22.27g (8.1%), Sugar: 19.42g (21.58%), Cholesterol: 216.36mg (72.12%), Sodium: 270.02mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.56%), Selenium: 52.21µg (74.59%), Vitamin

B3: 13.26mg (66.32%), Vitamin B6: 1.06mg (52.9%), Vitamin K: 49.26µg (46.92%), Phosphorus: 449.97mg (45%),  
Vitamin B5: 2.82mg (28.19%), Vitamin B2: 0.46mg (26.87%), Zinc: 3.65mg (24.32%), Vitamin B12: 1.45µg (24.19%),  
Potassium: 710.38mg (20.3%), Magnesium: 67.75mg (16.94%), Vitamin B1: 0.23mg (15.3%), Iron: 2.64mg (14.68%),  
Vitamin A: 621.45IU (12.43%), Vitamin E: 1.57mg (10.45%), Copper: 0.2mg (9.86%), Folate: 36.97µg (9.24%),  
Manganese: 0.18mg (9.19%), Calcium: 77.72mg (7.77%), Vitamin C: 5.54mg (6.71%), Fiber: 0.75g (3.01%)