



## Orange Braised Bourbon Chicken

READY IN



70 min.

SERVINGS



4

CALORIES



330 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons brown sugar
- 3 tablespoons butter
- 2 tablespoons cornstarch
- 0.3 cup flour all-purpose
- 0.1 teaspoon ground allspice
- 0.1 teaspoon pepper black
- 4 slices cranberry-orange relish
- 0.3 cup orange juice
- 0.3 cup raisins chopped

- 0.5 teaspoon salt
- 4 chicken breast halves boneless skinless
- 1 cup water hot
- 2 tablespoons irish whiskey

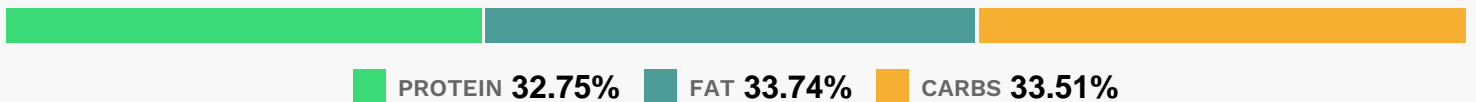
## Equipment

- frying pan

## Directions

- Sprinkle chicken with salt and pepper, then dredge in flour. Melt butter in a large deep skillet over medium heat and brown on both sides.
- Remove chicken from skillet and set aside.
- Stir brown sugar, cornstarch and allspice into skillet; gradually stir in water. Reduce heat to low and simmer, stirring constantly, for about 5 minutes or until mixture is smooth and thick. Stir in orange juice, bourbon and raisins.
- Return chicken to skillet and top each breast with an orange slice. Cover skillet and simmer for about 35 minutes, or until chicken is cooked through and no longer pink inside.
- Serve chicken with sauce.

## Nutrition Facts



## Properties

Glycemic Index:85.07, Glycemic Load:9.53, Inflammation Score:-5, Nutrition Score:14.268695810567%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 5.67mg, Hesperetin: 5.67mg, Hesperetin: 5.67mg, Hesperetin: 5.67mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 330.03kcal (16.5%), Fat: 11.63g (17.88%), Saturated Fat: 6.07g (37.97%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 24.71g (8.99%), Sugar: 8.47g (9.41%), Cholesterol: 94.89mg (31.63%), Sodium: 497.19mg (21.62%), Alcohol: 2.7g (100%), Alcohol %: 1.38% (100%), Protein: 25.38g (50.77%), Vitamin B3: 12.47mg (62.33%), Selenium: 39.24µg (56.06%), Vitamin B6: 0.88mg (44.23%), Phosphorus: 260.8mg (26.08%), Vitamin C: 17.07mg (20.69%), Vitamin B5: 1.73mg (17.33%), Potassium: 569.8mg (16.28%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.18mg (10.71%), Magnesium: 38.58mg (9.65%), Vitamin A: 359.47IU (7.19%), Folate: 28.35µg (7.09%), Iron: 1.14mg (6.32%), Manganese: 0.12mg (5.86%), Zinc: 0.77mg (5.11%), Fiber: 1.26g (5.04%), Copper: 0.1mg (4.95%), Vitamin B12: 0.24µg (4.06%), Vitamin E: 0.5mg (3.3%), Calcium: 26.89mg (2.69%), Vitamin K: 1.1µg (1.05%)