



## Orange-Braised Chicken with Vegetables

 Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup matchstick-cut carrots
- 0.5 cup celery chopped
- 0.8 teaspoon basil dried
- 2 tablespoons vermouth dry
- 1 cup less-sodium chicken broth fat-free
- 1.5 tablespoons italian-seasoned breadcrumbs
- 1 cup leeks thinly sliced
- 1 tablespoon olive oil

- 1.5 teaspoons orange rind grated
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 1 teaspoon sugar
- 2 tablespoons tomato paste

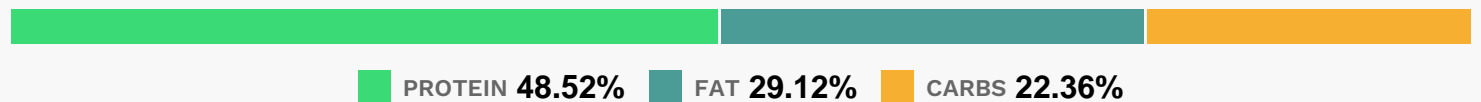
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Combine first 7 ingredients in a bowl; stir with a whisk. Set aside. Coat chicken with breadcrumbs.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken; cook 5 minutes on each side or until golden brown.
- Remove chicken.
- Add carrot, leeks, celery, and vermouth to pan. Saut 3 minutes or until leeks are soft. Return chicken to pan.
- Pour broth mixture over chicken; cover, reduce heat, and simmer 15 minutes or until chicken is done.

## Nutrition Facts



## Properties

Glycemic Index:52.77, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:20.902608757434%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 221.27kcal (11.06%), Fat: 6.92g (10.65%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.74g (3.54%), Sugar: 4.84g (5.37%), Cholesterol: 72.61mg (24.2%), Sodium: 662.07mg (28.79%), Alcohol: 0.71g (100%), Alcohol %: 0.34% (100%), Protein: 25.95g (51.91%), Vitamin A: 5008.88IU (100.18%), Vitamin B3: 12.95mg (64.73%), Selenium: 39.47µg (56.39%), Vitamin B6: 0.98mg (49%), Phosphorus: 278.3mg (27.83%), Vitamin K: 25.55µg (24.34%), Potassium: 683.36mg (19.52%), Vitamin B5: 1.92mg (19.16%), Manganese: 0.29mg (14.37%), Magnesium: 47.67mg (11.92%), Vitamin B2: 0.18mg (10.7%), Iron: 1.91mg (10.59%), Vitamin C: 8.13mg (9.85%), Folate: 38.78µg (9.69%), Vitamin B1: 0.14mg (9.61%), Vitamin E: 1.34mg (8.9%), Fiber: 2.22g (8.9%), Copper: 0.15mg (7.47%), Zinc: 0.89mg (5.92%), Vitamin B12: 0.35µg (5.89%), Calcium: 52.16mg (5.22%)