



 **20%**
HEALTH SCORE

Orange Caper Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 cup capers
- 0.3 cup flat parsley chopped
- 0.5 cup flour all-purpose
- 0.5 teaspoon pepper black
- 1.3 cups orange juice
- 1 tablespoon orange zest
- 4 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

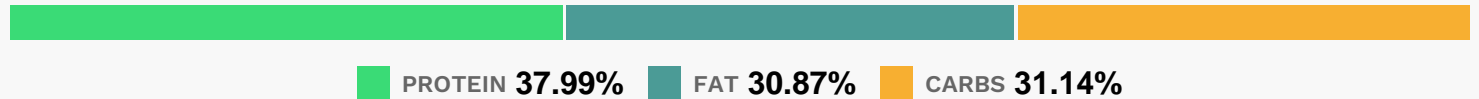
Equipment

- bowl
- frying pan

Directions

- In a medium bowl, mix flour and pepper. Dredge the chicken breasts in the mixture to coat, and set aside.
- Melt butter and heat oil in a large skillet over medium heat.
- Place coated chicken in the skillet, and cook about 10 minutes per side, until no longer pink and juices run clear.
- Remove from heat, and set aside.
- Increase skillet heat to high, and pour in the orange juice. Cook until reduced by about 1/2.
- Stir in the orange zest, capers, and parsley. Return chicken to the skillet, and coat with the orange juice mixture to serve.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:13.08, Inflammation Score:-7, Nutrition Score:21.152608829996%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 19.09mg, Quercetin: 19.09mg, Quercetin: 19.09mg, Quercetin: 19.09mg

Nutrients (% of daily need)

Calories: 283.99kcal (14.2%), Fat: 9.62g (14.8%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.55g (7.47%), Sugar: 7.07g (7.85%), Cholesterol: 79.85mg (26.61%), Sodium: 459.78mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Vitamin K: 71.45µg (68.05%), Vitamin B3:

13.18mg (65.89%), Vitamin C: 50.19mg (60.83%), Selenium: 41.74µg (59.62%), Vitamin B6: 0.9mg (44.78%), Phosphorus: 273.05mg (27.3%), Vitamin B5: 1.87mg (18.68%), Vitamin B1: 0.28mg (18.45%), Potassium: 632.64mg (18.08%), Folate: 66.73µg (16.68%), Vitamin B2: 0.24mg (13.93%), Vitamin A: 625.36IU (12.51%), Magnesium: 48.22mg (12.06%), Iron: 1.76mg (9.78%), Manganese: 0.18mg (9.07%), Copper: 0.14mg (7.03%), Zinc: 0.89mg (5.94%), Fiber: 1.28g (5.13%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.23µg (3.87%), Calcium: 31mg (3.1%)