



## Orange-Cinnamon Chicken

READY IN



70 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons butter
- 1 tablespoon flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cranberry-orange relish sliced
- 0.5 cup orange juice
- 4 servings salt to taste
- 4 chicken breast halves boneless skinless

### Equipment

- oven
- baking pan
- kitchen thermometer

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Melt the butter in a skillet over medium-high heat. Cook the chicken on both sides in the hot butter until golden brown on both sides, about 10 minutes; place the chicken into a shallow baking dish. Stir the flour, cinnamon, and orange juice into the skillet. Bring to boil, and cook until thickened. Season with salt to taste, then pour over the chicken breasts in the baking dish. Cover the chicken breasts with orange slices.
- Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:56.13, Glycemic Load:3.34, Inflammation Score:-4, Nutrition Score:13.55695665401%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg Naringenin: 3.17mg, Naringenin: 3.17mg, Naringenin: 3.17mg, Naringenin: 3.17mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 196.17kcal (9.81%), Fat: 7.29g (11.22%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.22g (2.26%), Sugar: 4.15g (4.62%), Cholesterol: 83.61mg (27.87%), Sodium: 359.02mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Vitamin B3: 12.08mg (60.38%), Selenium: 36.98µg (52.82%), Vitamin B6: 0.87mg (43.52%), Vitamin C: 25.59mg (31.01%), Phosphorus: 248.47mg (24.85%), Vitamin B5: 1.73mg (17.26%), Potassium: 515.2mg (14.72%), Magnesium: 35.25mg (8.81%), Vitamin B1: 0.13mg (8.64%), Vitamin B2: 0.14mg (8.24%), Manganese: 0.13mg (6.3%), Folate: 22.35µg (5.59%), Vitamin A: 265.42IU (5.31%), Zinc: 0.71mg (4.73%), Vitamin B12: 0.23µg (3.92%), Iron: 0.63mg (3.49%), Fiber: 0.77g (3.08%), Copper:

0.06mg (2.8%), Vitamin E: 0.39mg (2.61%), Calcium: 22.28mg (2.23%)