



Orange-Dijon Chicken

 **Gluten Free**  **Dairy Free**

READY IN



33 min.

SERVINGS



2

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 1 tablespoon green onions thinly sliced
- 0.3 cup orange juice
- 0.3 cup orange marmalade
- 0.3 teaspoon salt divided
- 12 ounce chicken thighs boneless skinless

1 tablespoon whole-grain dijon mustard

Equipment

bowl

frying pan

Directions

Sprinkle chicken with 1/8 teaspoon salt and pepper.

Heat a large nonstick skillet coated with cooking spray over medium heat.

Add chicken; cook 13 minutes or until done, turning occasionally.

Remove from pan; keep warm.

Combine remaining 1/8 teaspoon salt, orange juice, broth, marmalade, and mustard in a bowl; stir well.

Recoat pan with cooking spray, and place over medium-high heat.

Add garlic; saut 1 minute.

Add orange juice mixture; bring to a boil over high heat. Cook 6 minutes or until slightly thick, stirring constantly. Spoon sauce over chicken, and sprinkle with green onions.

Nutrition Facts



PROTEIN 41.27% **FAT 20.26%** **CARBS 38.47%**

Properties

Glycemic Index:89, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:16.791739121727%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 326.53kcal (16.33%), Fat: 7.38g (11.36%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 30.69g (11.16%), Sugar: 26.85g (29.84%), Cholesterol: 161.59mg (53.86%), Sodium: 664.38mg (28.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.68%), Selenium: 42.34µg (60.49%), Vitamin B3: 9.88mg (49.42%), Vitamin B6: 0.83mg (41.29%), Phosphorus: 342.27mg (34.23%), Vitamin C: 18.95mg (22.97%), Vitamin B5: 2.19mg (21.86%), Vitamin B2: 0.34mg (19.85%), Vitamin B12: 1.15µg (19.09%), Zinc: 2.72mg (18.14%), Potassium: 536.99mg (15.34%), Vitamin B1: 0.21mg (13.8%), Magnesium: 49mg (12.25%), Vitamin K: 11.75µg (11.19%), Iron: 1.76mg (9.8%), Copper: 0.17mg (8.54%), Manganese: 0.16mg (8.08%), Folate: 22.57µg (5.64%), Calcium: 48.66mg (4.87%), Fiber: 0.87g (3.47%), Vitamin A: 164.5IU (3.29%), Vitamin E: 0.39mg (2.6%)