



Orange-Honey-Mustard Baked Chicken Breasts

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 3 tablespoons honey
- 1 tablespoon kosher salt
- 1 cup orange juice freshly squeezed (from 6 oranges)
- 2 tablespoons orange zest finely grated (from 2 oranges)
- 3 pounds chicken breast boneless skinless (4)

- 2 tablespoons butter unsalted cut into 4 pieces and at room temperature ()
- 2 tablespoons coarse mustard
- 0.3 cup onion yellow finely chopped

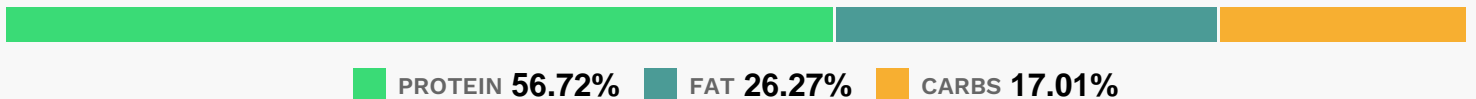
Equipment

- frying pan
- oven
- whisk
- aluminum foil

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Season the chicken with 2 teaspoons of the salt and all of the pepper; set aside.
- Place the orange zest, juice, onion or shallot, honey, and remaining teaspoon of salt in a large oven-safe frying pan, whisk to combine, and bring to a boil over medium-high heat. Reduce the heat to medium and simmer until reduced by almost half, about 3 minutes.
- Remove the pan from the heat and whisk in the Dijon and whole-grain mustards.
- Add the reserved chicken, spoon some of the sauce over each breast, and bake until the chicken is just cooked through, about 30 minutes.
- Remove the chicken to a serving platter and tent with foil.
- Whisk the butter into the sauce 1 piece at a time, letting each piece melt before adding the next. Spoon the sauce over the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:23.352608659993%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 353.65kcal (17.68%), Fat: 10.1g (15.53%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.81g (5.02%), Sugar: 12.52g (13.91%), Cholesterol: 155.18mg (51.73%), Sodium: 1537.53mg (66.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.06g (98.11%), Vitamin B3: 23.92mg (119.59%), Selenium: 76.21µg (108.87%), Vitamin B6: 1.74mg (86.84%), Phosphorus: 498.26mg (49.83%), Vitamin B5: 3.37mg (33.73%), Vitamin C: 26.69mg (32.36%), Potassium: 959.82mg (27.42%), Magnesium: 70.04mg (17.51%), Vitamin B2: 0.26mg (15.02%), Vitamin B1: 0.21mg (13.81%), Zinc: 1.45mg (9.66%), Vitamin B12: 0.46µg (7.69%), Iron: 1.18mg (6.57%), Manganese: 0.12mg (6.15%), Folate: 24.42µg (6.1%), Vitamin A: 283.87IU (5.68%), Copper: 0.1mg (4.95%), Vitamin E: 0.6mg (3.99%), Fiber: 0.9g (3.6%), Calcium: 30.15mg (3.01%), Vitamin D: 0.3µg (1.98%), Vitamin K: 1.27µg (1.21%)