



Orange Marmalade-Glazed Chicken Thighs



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



963 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup orange marmalade
- ☐ 2 servings salt and pepper
- ☐ 2 lb chicken thighs boneless skinless
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

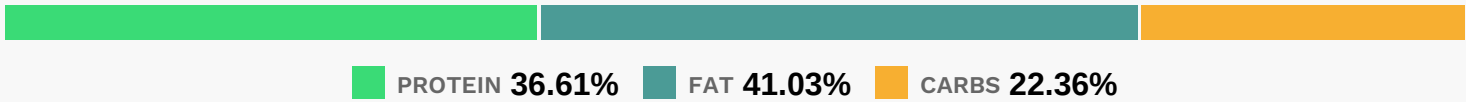
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Set a rack 6 inches from heat source and preheat broiler to high. Season chicken on all sides with salt and pepper.
- ☐ Melt butter with oil over medium-high heat in a large ovenproof skillet.
- ☐ Add chicken and cook until lightly browned, about 4 minutes per side.
- ☐ Combine marmalade, mustard and lemon juice in a small bowl. Stir until blended.
- ☐ Pour off fat from skillet.
- ☐ Add marmalade mixture and turn chicken several times to coat.
- ☐ Place skillet in oven and broil chicken until glazed and cooked through, about 10 minutes. Turn often, watching so it doesn't scorch.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:35.191304212031%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 962.85kcal (48.14%), Fat: 43.86g (67.48%), Saturated Fat: 13.96g (87.24%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 52.89g (19.23%), Sugar: 48.24g (53.6%), Cholesterol: 461.01mg (153.67%), Sodium: 726.38mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.06g (176.11%), Selenium: 105.69µg (150.98%), Vitamin B3: 25.43mg (127.14%), Vitamin B6: 2.04mg (102.08%), Phosphorus: 863.28mg (86.33%), Vitamin B5: 5.5mg (55%), Vitamin B2: 0.83mg (49.02%), Vitamin B12: 2.93µg (48.78%), Zinc: 6.99mg (46.6%), Vitamin K: 39.26µg (37.39%), Potassium: 1160.7mg (33.16%), Vitamin B1: 0.43mg (28.55%), Magnesium: 110.11mg

(27.53%), Iron: 3.88mg (21.55%), Copper: 0.33mg (16.74%), Vitamin E: 2.34mg (15.57%), Vitamin A: 513.95IU (10.28%), Calcium: 79.73mg (7.97%), Vitamin C: 5.8mg (7.04%), Folate: 27.29µg (6.82%), Manganese: 0.12mg (6.08%), Fiber: 0.9g (3.59%), Vitamin D: 0.21µg (1.4%)