



Orange-Sauced Chicken

 Dairy Free

READY IN



18 min.

SERVINGS



2

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon cornstarch
- ☐ 0.1 teaspoon rosemary dried crushed
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon italian-seasoned breadcrumbs
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil

- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange marmalade
- ☐ 0.1 teaspoon salt
- ☐ 8 ounce chicken breast halves boneless skinless

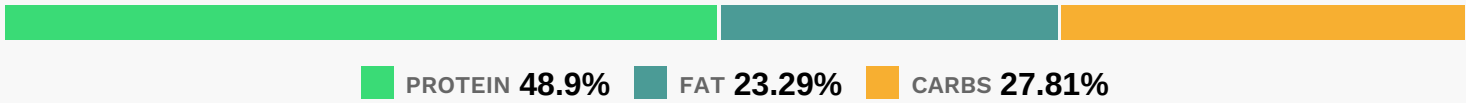
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in a medium bowl, stirring with a whisk.
- ☐ Dredge chicken in breadcrumbs.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken, and cook 3 to 4 minutes on each side or just until lightly browned on both sides.
- ☐ Add broth mixture; cover, reduce heat, and simmer, stirring occasionally, 4 to 5 minutes or until chicken is done.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:13.66086953101%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 209.86kcal (10.49%), Fat: 5.34g (8.21%), Saturated Fat: 1g (6.26%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.88g (5.05%), Sugar: 9g (10%), Cholesterol: 72.62mg (24.21%), Sodium: 465.86mg (20.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Vitamin B3: 12.43mg (62.14%), Selenium: 38.27µg (54.68%), Vitamin B6: 0.88mg (43.91%), Phosphorus: 256.5mg (25.65%), Vitamin C: 18.51mg (22.44%), Vitamin B5: 1.75mg (17.48%), Potassium: 511.64mg (14.62%), Vitamin B1: 0.15mg (10.13%), Magnesium: 36.32mg (9.08%), Vitamin B2: 0.15mg (8.99%), Manganese: 0.11mg (5.44%), Folate: 21.61µg (5.4%), Zinc: 0.76mg (5.07%), Vitamin B12: 0.3µg (5.02%), Vitamin K: 4.99µg (4.75%), Iron: 0.83mg (4.61%), Copper: 0.08mg (3.76%), Vitamin E: 0.54mg (3.61%), Calcium: 24.65mg (2.46%), Vitamin A: 117.79IU (2.36%), Fiber: 0.46g (1.84%)