



## Pecan Dijon Chicken

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 6 tablespoons dijon mustard
- 1 dash ground pepper black
- 0.3 cup honey
- 2 teaspoons juice of lemon to taste
- 2 tablespoons milk
- 0.3 cup orange juice
- 0.5 cup pecans chopped

- 0.3 teaspoon salt
- 6 chicken breast halves boneless skinless

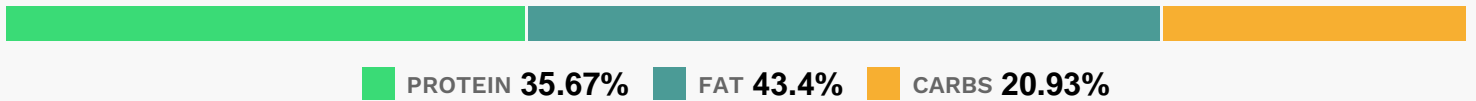
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- In a medium saucepan over medium heat, blend the Dijon mustard, honey, orange juice, milk, butter, and lemon juice. Season with ground mustard, salt, and pepper. Stir in the pecans.
- Arrange chicken in the prepared baking dish, and cook in the preheated oven about 10 minutes. Cover with the Dijon mustard mixture, and continue cooking 20 minutes, or until chicken is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:44.38, Glycemic Load:6.8, Inflammation Score:-4, Nutrition Score:14.80999999461%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 285.19kcal (14.26%), Fat: 13.94g (21.45%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 13.56g (4.93%), Sugar: 13.32g (14.8%), Cholesterol: 82.95mg (27.65%), Sodium: 425.57mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.57%), Vitamin B3: 12.04mg (60.22%), Selenium: 41.87µg (59.82%), Vitamin B6: 0.89mg (44.37%), Phosphorus: 287.31mg (28.73%), Manganese: 0.5mg (25.19%), Vitamin B5: 1.79mg (17.89%), Potassium: 516.43mg (14.76%), Magnesium: 49.81mg (12.45%), Vitamin B1: 0.17mg (11.56%), Vitamin C: 7.4mg (8.97%), Vitamin B2: 0.15mg (8.94%), Zinc: 1.23mg (8.17%), Copper: 0.16mg (8.04%), Fiber: 1.58g (6.3%), Iron: 0.97mg (5.4%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 195.21IU (3.9%), Vitamin E: 0.51mg (3.41%), Calcium: 30.95mg (3.09%), Folate: 11.43µg (2.86%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.15µg (1.09%)