



Raspberry-Balsamic Glazed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup raspberry preserves seedless
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 16 ounce skinned
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 teaspoons or dried fresh minced

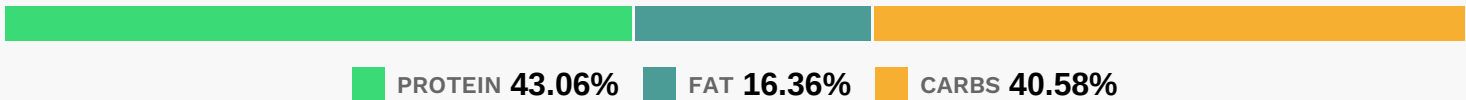
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion; saut 5 minutes.
- ☐ Combine thyme and 1/4 teaspoon salt; sprinkle over chicken.
- ☐ Add chicken to skillet; saut 6 minutes on each side or until done.
- ☐ Remove chicken from skillet; keep warm. Reduce heat to medium-low.
- ☐ Add 1/4 teaspoon salt, preserves, vinegar, and pepper, stirring constantly until the preserves melt. Spoon raspberry sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:11.67, Inflammation Score:-5, Nutrition Score:12.500434885854%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 4.13g (6.36%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.25g (8.09%), Sugar: 15.79g (17.55%), Cholesterol: 72.57mg (24.19%), Sodium: 434.16mg (18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Vitamin B3: 11.88mg (59.4%), Selenium: 36.98µg (52.83%), Vitamin B6: 0.88mg (44.07%), Phosphorus: 251.79mg (25.18%), Vitamin B5: 1.65mg (16.48%), Potassium: 484.32mg (13.84%), Magnesium: 34.62mg (8.66%), Vitamin K: 9.01µg (8.58%), Vitamin B2: 0.14mg (8.36%), Vitamin C: 5.52mg (6.69%), Iron: 1.14mg (6.31%), Vitamin B1: 0.09mg (5.89%), Manganese: 0.11mg (5.54%), Zinc: 0.74mg (4.94%), Vitamin B12: 0.23µg (3.78%), Copper: 0.07mg (3.7%), Fiber: 0.82g (3.29%), Folate: 12.5µg (3.13%), Calcium: 25.92mg (2.59%), Vitamin E: 0.37mg (2.5%)