



Roasted Chicken Breast with Marmalade



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



1591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 5 airline chicken breasts
- ☐ 5 cloves garlic minced peeled
- ☐ 0.5 cup honey
- ☐ 1 juice of lemon juiced
- ☐ 2 servings kosher salt

- ☐ 1 optional: lemon halved
- ☐ 5 oranges washed and dried
- ☐ 5 heads the of 1 cos lettuce leaves picked washed and dried,
- ☐ 1 vanilla pod split

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

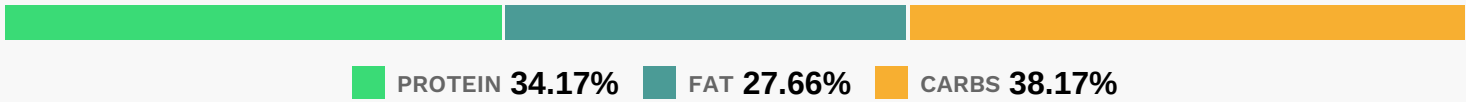
Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Season the chicken breasts with salt and pepper, to taste. In a large saute pan over high heat, add the oil. Once heated, place the chicken into the pan. Cover the chicken with aluminum foil and place another heavy pan on top. Cook the chicken until the skin is golden brown, about 5 to 8 minutes, and then flip and cook until cooked through, about 5 to 8 more minutes.
- ☐ Serve with the marmalade and wilted romaine.
- ☐ Place the oranges on a flat surface and slice a few thin rounds from both ends. Avoid the center part because that's where a large concentration of the pits are.
- ☐ Measure the honey directly into a medium skillet over low heat until it melts.
- ☐ Add the oranges rounds and bring the mix to a boil.
- ☐ Add a sprinkle of salt and pepper, to taste.
- ☐ Add the juice of the lemon and the vanilla. Stir to blend. Cook for an additional 2 minutes and then transfer to a bowl to cool.
- ☐ In a large skillet, heat the butter and add the garlic over medium heat. Cook until fragrant and add the romaine. Season with salt and pepper, to taste. Use a wooden spoon and stir to blend for an additional minute.
- ☐ Remove from the heat and drain any liquid remaining.

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Add a few squirts of lemon juice and serve with chicken.

Nutrition Facts



Properties

Glycemic Index:115.89, Glycemic Load:48.66, Inflammation Score:-10, Nutrition Score:79.846956481104%

Flavonoids

Eriodictyol: 12.27mg, Eriodictyol: 12.27mg, Eriodictyol: 12.27mg, Eriodictyol: 12.27mg Hesperetin: 34.7mg, Hesperetin: 34.7mg, Hesperetin: 34.7mg, Hesperetin: 34.7mg Naringenin: 22.55mg, Naringenin: 22.55mg, Naringenin: 22.55mg, Naringenin: 22.55mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 35.23mg, Quercetin: 35.23mg, Quercetin: 35.23mg, Quercetin: 35.23mg

Nutrients (% of daily need)

Calories: 1590.55kcal (79.53%), Fat: 51.28g (78.89%), Saturated Fat: 15.76g (98.5%), Carbohydrates: 159.27g (53.09%), Net Carbohydrates: 120.54g (43.83%), Sugar: 113.4g (126%), Cholesterol: 406.75mg (135.58%), Sodium: 1119.78mg (48.69%), Alcohol: 0.17g (100%), Alcohol %: 0.01% (100%), Protein: 142.55g (285.1%), Vitamin A: 138517.98IU (2770.36%), Vitamin K: 1617µg (1540%), Folate: 2197.71µg (549.43%), Vitamin B3: 64.89mg (324.45%), Vitamin B6: 5.73mg (286.3%), Selenium: 189.47µg (270.67%), Vitamin C: 165.31mg (200.37%), Potassium: 6492.51mg (185.5%), Phosphorus: 1729.93mg (172.99%), Fiber: 38.73g (154.94%), Manganese: 2.82mg (141.1%), Vitamin B1: 1.66mg (110.49%), Vitamin B5: 11mg (109.98%), Vitamin B2: 1.75mg (103.18%), Iron: 18.44mg (102.43%), Magnesium: 401.85mg (100.46%), Calcium: 665.36mg (66.54%), Copper: 1.07mg (53.67%), Zinc: 7.36mg (49.1%), Vitamin E: 6.6mg (43.97%), Vitamin B12: 1.17µg (19.43%), Vitamin D: 0.56µg (3.77%)