



Rosemary Chicken with Orange-Maple Glaze

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.5 cup maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 1 cup orange juice
- ☐ 0.5 teaspoon salt

☐

4 chicken breast halves boneless skinless

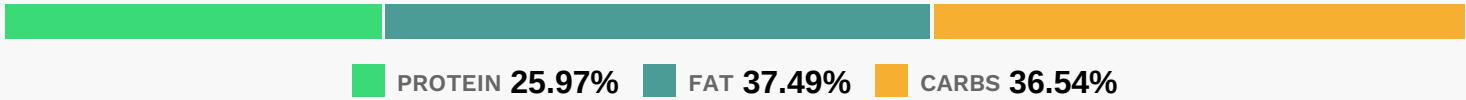
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring orange juice and wine to a boil in a small saucepan. Reduce heat slightly, but keep high enough to continue a low boil for 5 minutes, stirring occasionally. Stir in maple syrup and continue boiling for another 5 to 6 minutes, stirring frequently, until glossy and just slightly thickened. Set aside.
- ☐ In a small bowl mix together the rosemary, salt and pepper. Rub mixture on both sides of chicken breasts, and set aside.
- ☐ Melt butter and olive oil in a large skillet over medium high heat.
- ☐ Add chicken breasts, cover skillet and saute for about 5 minutes on each side until lightly browned.
- ☐ Pour orange-maple mixture over chicken (mixture will boil and bubble). Reduce heat to simmer; cover and let cook for another 10 minutes, basting occasionally, until chicken is cooked through and sauce has turned into a rich, thick glaze.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:13.34, Inflammation Score:-5, Nutrition Score:18.378260850906%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 402.76kcal (20.14%), Fat: 15.74g (24.21%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 34.33g (12.48%), Sugar: 29.62g (32.91%), Cholesterol: 87.37mg (29.12%), Sodium: 472.72mg (20.55%), Alcohol: 3.09g (100%), Alcohol %: 1.5% (100%), Protein: 24.53g (49.06%), Vitamin B3: 12.11mg (60.53%), Selenium: 36.33µg (51.91%), Manganese: 1.02mg (50.98%), Vitamin B6: 0.89mg (44.36%), Vitamin C: 32.37mg (39.23%), Vitamin B2: 0.65mg (38.25%), Phosphorus: 255.35mg (25.53%), Potassium: 659.43mg (18.84%), Vitamin B5: 1.75mg (17.53%), Magnesium: 48.27mg (12.07%), Vitamin B1: 0.16mg (10.45%), Vitamin E: 1.41mg (9.42%), Zinc: 1.01mg (6.76%), Vitamin A: 335.66IU (6.71%), Calcium: 62.24mg (6.22%), Folate: 23.73µg (5.93%), Vitamin K: 5.52µg (5.26%), Iron: 0.74mg (4.1%), Vitamin B12: 0.24µg (3.96%), Copper: 0.06mg (3.13%)