



Sauced Chicken Breasts with Apples and Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 0.3 teaspoon pepper black
- 1 teaspoon marjoram or dried
- 2 tablespoons flour all-purpose
- 2.5 cups apples i use 2 granny smith apples peeled sliced (3 apples)
- 2 teaspoons olive oil divided
- 3 cups onion vertically sliced

- 0.3 teaspoon salt
- 16 ounce skinned

Equipment

- frying pan
- ziploc bags

Directions

- Place first 3 ingredients in a zip-top plastic bag; add chicken. Seal and shake to coat.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add chicken; saut 2 minutes on each side.
- Remove from pan; keep warm.
- Heat 1 teaspoon oil in skillet until hot.
- Add onion, and saut 5 minutes or until lightly browned.
- Add apple and marjoram; saut 5 minutes.
- Add chicken and cider; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:10.08, Inflammation Score:-7, Nutrition Score:15.951304275057%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg,

Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg,
Isorhamnetin: 6.01mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.83mg, Quercetin:
27.83mg, Quercetin: 27.83mg, Quercetin: 27.83mg

Nutrients (% of daily need)

Calories: 276.77kcal (13.84%), Fat: 5.31g (8.17%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 31.61g (10.54%), Net
Carbohydrates: 27.44g (9.98%), Sugar: 18.9g (21%), Cholesterol: 72.57mg (24.19%), Sodium: 284.98mg (12.39%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.12%), Vitamin B3: 12.3mg (61.52%), Selenium:
38.23µg (54.61%), Vitamin B6: 1.04mg (51.92%), Phosphorus: 289.92mg (28.99%), Potassium: 743.92mg (21.25%),
Vitamin B5: 1.86mg (18.58%), Vitamin C: 14.38mg (17.43%), Fiber: 4.18g (16.71%), Manganese: 0.29mg (14.26%),
Magnesium: 49.44mg (12.36%), Vitamin B1: 0.18mg (12.21%), Vitamin B2: 0.19mg (11.47%), Folate: 36.64µg (9.16%),
Zinc: 0.93mg (6.22%), Iron: 1.04mg (5.79%), Copper: 0.11mg (5.65%), Vitamin E: 0.68mg (4.52%), Calcium: 44.22mg
(4.42%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.85µg (3.66%), Vitamin A: 80.66IU (1.61%)