



Saucy Honey Mustard Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup philadelphia cream cheese spread
- 1 Tbsp honey
- 2 Tbsp grey poupon savory honey mustard
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 1 lb chicken breasts boneless skinless

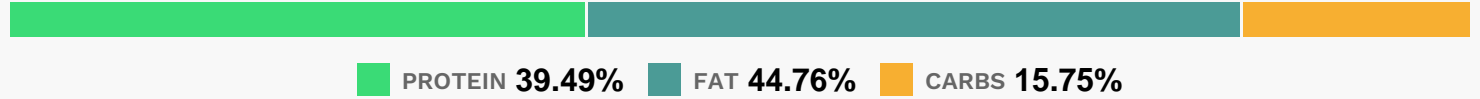
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cover. Cook 5 to 6 min. on each side or until chicken is cooked through (165F).
- Mix remaining ingredients; spoon over chicken.
- Cook 2 min. or until sauce is heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.26, Inflammation Score:-3, Nutrition Score:11.671739149677%

Nutrients (% of daily need)

Calories: 261.61kcal (13.08%), Fat: 12.61g (19.4%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.84g (8.71%), Cholesterol: 81.37mg (27.12%), Sodium: 380.93mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.06%), Vitamin B3: 11.85mg (59.27%), Selenium: 36.62µg (52.32%), Vitamin B6: 0.86mg (43%), Phosphorus: 240.55mg (24.05%), Vitamin B5: 1.62mg (16.19%), Potassium: 434.64mg (12.42%), Vitamin K: 10.95µg (10.43%), Vitamin E: 1.15mg (7.66%), Magnesium: 30.32mg (7.58%), Vitamin B2: 0.12mg (6.79%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 174.09IU (3.48%), Iron: 0.48mg (2.67%), Calcium: 24.92mg (2.49%), Copper: 0.04mg (1.76%), Vitamin C: 1.45mg (1.75%), Manganese: 0.03mg (1.29%), Folate: 4.64µg (1.16%)