



Sautéed Chicken Breasts with Latin Citrus Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon vegetable oil

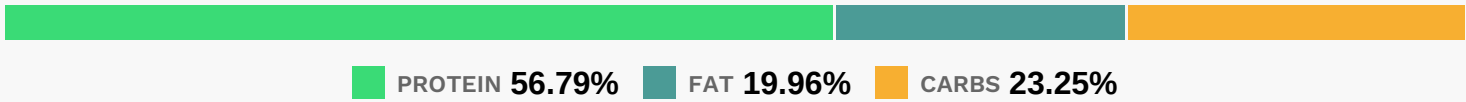
Equipment

- ☐ frying pan

Directions

- ☐ To prepare chicken, combine brown sugar, cumin, salt, garlic powder, and red pepper; rub over chicken.
- ☐ Heat vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook for 5 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ To prepare sauce, add garlic to pan; saut 30 seconds.
- ☐ Add juices and honey; cook 3 minutes or until slightly thickened.
- ☐ Remove from heat; stir in cilantro and mint.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:52.07, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:18.343913306361%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg,

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 262.04kcal (13.1%), Fat: 5.73g (8.82%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 14.57g (5.3%), Sugar: 12.17g (13.52%), Cholesterol: 108.86mg (36.29%), Sodium: 491.7mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.39%), Vitamin B3: 17.93mg (89.64%), Selenium: 54.96µg (78.51%), Vitamin B6: 1.33mg (66.3%), Phosphorus: 371.48mg (37.15%), Vitamin B5: 2.51mg (25.05%), Potassium: 723.69mg (20.68%), Vitamin C: 15.91mg (19.28%), Magnesium: 52.27mg (13.07%), Vitamin B2: 0.19mg (11.34%), Vitamin B1: 0.14mg (9.17%), Zinc: 1.12mg (7.45%), Iron: 1.26mg (6.97%), Manganese: 0.12mg (6.2%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 241.81IU (4.84%), Folate: 16.52µg (4.13%), Copper: 0.08mg (4.13%), Vitamin E: 0.5mg (3.33%), Vitamin K: 3.25µg (3.09%), Calcium: 29.44mg (2.94%), Fiber: 0.46g (1.84%), Vitamin D: 0.17µg (1.13%)