



Simple Lemon Chicken

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple juice
- 2 teaspoons chicken soup base
- 4 teaspoons cornstarch
- 2 juice of lemon juiced
- 4 chicken breast halves boneless skinless

Equipment

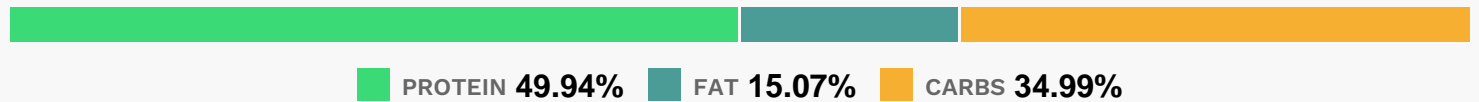
- frying pan
- whisk

kitchen thermometer

Directions

- Heat skillet sprayed with cooking spray over medium-high heat. Cook chicken breasts in the skillet until no longer pink in the center and the juices run clear, about 10 minutes on each side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Cut chicken into strips.
- Whisk apple juice, lemon juice, cornstarch, and chicken bouillon in a skillet until smooth.
- Heat skillet over medium heat, stirring until sauce is thick and bubbly, 3 to 5 minutes; continue cooking for 3 more minutes.
- Place chicken strips into the apple juice sauce and simmer for 6 to 8 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:12.016956592384%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 199.45kcal (9.97%), Fat: 3.26g (5.02%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.74g (6.09%), Sugar: 12.48g (13.87%), Cholesterol: 72.45mg (24.15%), Sodium: 375.12mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B3: 11.91mg (59.57%), Selenium: 36.63µg (52.34%), Vitamin B6: 0.88mg (43.83%), Phosphorus: 249.1mg (24.91%), Vitamin B5: 1.7mg (16.97%), Potassium: 561.94mg (16.06%), Vitamin C: 8.29mg (10.05%), Magnesium: 37.1mg (9.27%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.1mg (6.86%), Manganese: 0.11mg (5.65%), Zinc: 0.69mg (4.6%), Vitamin B12: 0.23µg (3.82%), Iron: 0.6mg (3.33%), Copper: 0.05mg (2.44%), Folate: 7.84µg (1.96%), Calcium: 18.38mg (1.84%), Vitamin E: 0.25mg (1.69%), Fiber: 0.31g (1.24%)