



STOVE TOP Sweet Citrus Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 3 Tbsp butter melted
- 0.7 cup orange juice
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1.7 cups water hot

Equipment

- oven

baking pan

Directions

- Heat oven to 400F.
- Add hot water to stuffing mix; stir just until moistened.
- Place chicken in 13x9-inch baking dish.
- Mix juice, sugar and butter until blended; pour over chicken. Top with stuffing.
- Bake 30 min. or until chicken is done (165F).

Nutrition Facts



PROTEIN 32.1% **FAT 25.22%** **CARBS 42.68%**

Properties

Glycemic Index:1.3, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.4830434503763%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.18kcal (2.61%), Fat: 1.44g (2.21%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.33g (1.94%), Sugar: 2.48g (2.75%), Cholesterol: 10.93mg (3.64%), Sodium: 90.43mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 7.51µg (10.73%), Vitamin B3: 2.04mg (10.19%), Vitamin B6: 0.14mg (6.82%), Phosphorus: 42.73mg (4.27%), Vitamin C: 2.27mg (2.76%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.67%), Potassium: 84.54mg (2.42%), Folate: 9.09µg (2.27%), Vitamin B2: 0.04mg (2.11%), Magnesium: 6.87mg (1.72%), Manganese: 0.03mg (1.48%), Iron: 0.25mg (1.37%), Vitamin A: 51.01IU (1.02%)