



## Tangy Chicken Dijon

 **Gluten Free**  **Dairy Free**

READY IN



86 min.

SERVINGS



26

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup grey poupon dijon mustard
- 2 tsp onion dried minced
- 1 clove garlic minced
- 3 Tbsp orange marmalade
- 1.5 lb chicken breasts boneless skinless
- 2 tsp lite soy sauce
- 0.3 cup heinz tomato ketchup

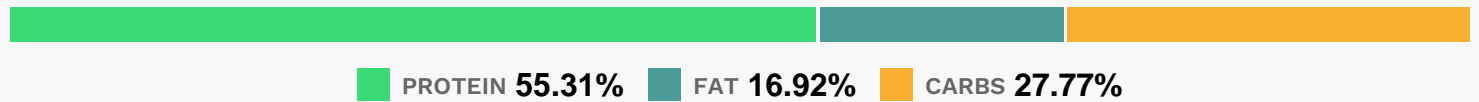
### Equipment

- grill
- ziploc bags

## Directions

- Mix all ingredients except chicken until well blended.
- Place chicken in shallow glass dish or resealable plastic bag.
- Add 1/3 cup of the mustard mixture, turning to coat. Cover; refrigerate at least 1 hour.
- Remove chicken from marinade; discard marinade.
- Preheat greased grill to medium-high heat. Grill chicken 6 to 8 minutes on each side or until cooked through.
- Heat remaining mustard mixture; serve with chicken.

## Nutrition Facts



## Properties

Glycemic Index:2.96, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.9586956604667%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 42.34kcal (2.12%), Fat: 0.79g (1.22%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.24g (2.48%), Cholesterol: 16.75mg (5.58%), Sodium: 120.55mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin B3: 2.82mg (14.08%), Selenium: 9.53µg (13.62%), Vitamin B6: 0.21mg (10.6%), Phosphorus: 61.22mg (6.12%), Vitamin B5: 0.39mg (3.92%), Potassium: 118.7mg (3.39%), Magnesium: 9.34mg (2.34%), Vitamin B2: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.71%), Manganese: 0.03mg (1.51%), Zinc: 0.19mg (1.26%), Vitamin C: 0.88mg (1.07%)