

 7%
HEALTH SCORE

Unbelievable Chicken

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

READY IN



540 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

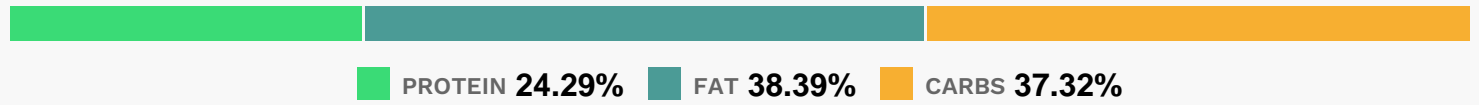
Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 0.3 cup apple cider vinegar
- 3 tablespoons coarse mustard prepared
- 3 cloves garlic minced peeled
- 6 servings pepper black to taste
- 0.5 juice of lemon juiced
- 1 juice of lime juiced

- 6 tablespoons olive oil
- 1.5 teaspoons salt
- 6 chicken breast halves boneless skinless

Equipment

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:13.11347826087%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 402.87kcal (20.14%), Fat: 17.2g (26.46%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 37.21g (13.53%), Sugar: 35.88g (39.86%), Cholesterol: 72.32mg (24.11%), Sodium: 806.39mg (35.06%), Protein: 24.49g (48.98%), Vitamin B3: 11.89mg (59.45%), Selenium: 39.39µg (56.27%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 251.02mg (25.1%), Vitamin B5: 1.7mg (17.01%), Vitamin E: 2.27mg (15.16%), Potassium: 501.42mg (14.33%), Magnesium: 37.89mg (9.47%), Vitamin K: 8.99µg (8.56%), Vitamin B2: 0.12mg (7.11%), Manganese: 0.14mg (6.85%), Vitamin B1: 0.09mg (6.1%), Iron: 0.94mg (5.24%), Vitamin C: 4.32mg (5.24%), Zinc: 0.74mg (4.96%), Calcium: 46.01mg (4.6%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (3.11%), Fiber: 0.41g (1.63%), Folate: 6.47µg (1.62%)