



Vanilla Balsamic Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup brown sugar packed
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup orange juice fresh
- 0.3 teaspoon orange rind grated
- 0.8 teaspoon salt divided
- 0.3 cup shallots finely chopped

- 2 pounds chicken thighs boneless skinless
- 2 inch vanilla pod split

Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 450
- Combine first 6 ingredients in a small saucepan. Scrape seeds from vanilla bean; stir seeds into broth mixture, reserving the bean for another use. Bring to a boil. Reduce heat, and simmer until reduced to 1/2 cup (about 20 minutes). Stir in 1/4 teaspoon salt.
- Arrange chicken in a single layer in the bottom of a roasting pan coated with cooking spray.
- Sprinkle chicken evenly with remaining 1/2 teaspoon salt and pepper.
- Bake at 450 for 10 minutes.
- Brush half of broth mixture over chicken; bake 5 minutes.
- Brush remaining broth mixture over chicken; bake 15 minutes or until a thermometer registers 180
- Garnish with orange rind, if desired.

Nutrition Facts



PROTEIN 49.62% FAT 24.11% CARBS 26.27%

Properties

Glycemic Index:20.5, Glycemic Load:2.09, Inflammation Score:-2, Nutrition Score:9.9034782959067%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 186.34kcal (9.32%), Fat: 4.81g (7.4%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.49g (4.18%), Sugar: 10.31g (11.45%), Cholesterol: 107.73mg (35.91%), Sodium: 383.55mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.51%), Selenium: 26.13µg (37.32%), Vitamin B3: 6.47mg (32.34%), Vitamin B6: 0.54mg (26.93%), Phosphorus: 222.88mg (22.29%), Vitamin B5: 1.43mg (14.25%), Vitamin B12: 0.75µg (12.57%), Vitamin B2: 0.21mg (12.22%), Zinc: 1.78mg (11.85%), Potassium: 351.11mg (10.03%), Magnesium: 31.39mg (7.85%), Vitamin B1: 0.11mg (7.64%), Iron: 1.21mg (6.72%), Vitamin C: 4.55mg (5.52%), Copper: 0.09mg (4.27%), Manganese: 0.08mg (4.21%), Vitamin K: 3.56µg (3.39%), Calcium: 25.16mg (2.52%), Folate: 9.63µg (2.41%), Vitamin E: 0.21mg (1.41%), Fiber: 0.29g (1.16%)