



Zesty Citrus Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 1 ounce coconut flour all-purpose
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.5 cup juice of lemon fresh (4 lemons)
- ☐ 6 limes
- ☐ 1 tablespoon olive oil divided

- ☐ 12 slices cranberry-orange relish thin
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon salt
- ☐ 36 ounce chicken breast halves boneless skinless

Equipment

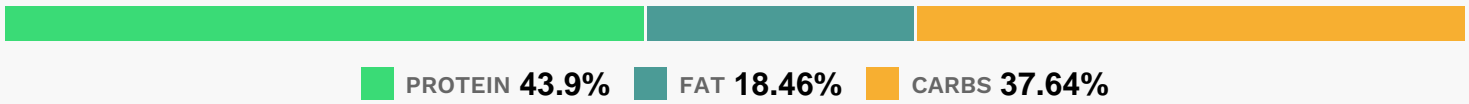
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Grate rind from limes, reserving 2 tablespoons rind; set aside. Squeeze juice from limes to equal 3/4 cup.
- ☐ Combine lime juice, lemon juice, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Preheat oven to 35
- ☐ Remove chicken from bag, reserving 2 tablespoons marinade. Pat chicken dry with paper towels. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, paprika, salt, and pepper in a shallow dish. Dredge chicken in flour mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add 3 chicken breast halves; cook 2 minutes on each side or until lightly browned.
- ☐ Place chicken in a 13 x 9-inch baking dish coated with cooking spray. Repeat procedure with remaining 1 1/2 teaspoons oil and chicken.

- ☐
- Combine lime rind and brown sugar; sprinkle over chicken.
- ☐
- Combine reserved marinade and broth; drizzle around chicken. Top each chicken breast half with 2 orange slices.
- ☐
- Bake at 350 for 25 minutes or until chicken is done.
- ☐
- Place chicken on a serving platter. Strain any remaining liquid in dish through a fine mesh sieve over a bowl. Discard solids. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:10.27, Inflammation Score:-6, Nutrition Score:22.170434407566%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 32.3mg, Hesperetin: 32.3mg, Hesperetin: 32.3mg, Hesperetin: 32.3mg Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 7.19g (11.06%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 30.25g (11%), Sugar: 13.81g (15.35%), Cholesterol: 108.86mg (36.29%), Sodium: 629.42mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.9%), Vitamin B3: 18.94mg (94.71%), Selenium: 60.35µg (86.21%), Vitamin B6: 1.34mg (67.09%), Phosphorus: 391.9mg (39.19%), Vitamin C: 30.48mg (36.94%), Vitamin B5: 2.72mg (27.17%), Potassium: 777.52mg (22.21%), Vitamin B1: 0.26mg (17.29%), Vitamin B2: 0.27mg (16.12%), Magnesium: 56mg (14%), Iron: 2.05mg (11.4%), Folate: 45.53µg (11.38%), Fiber: 2.72g (10.87%), Manganese: 0.2mg (10.08%), Vitamin A: 420.43IU (8.41%), Zinc: 1.22mg (8.12%), Vitamin E: 1.05mg (6.98%), Copper: 0.13mg (6.64%), Vitamin B12: 0.36µg (5.99%), Calcium: 48.73mg (4.87%), Vitamin K: 3.27µg (3.12%), Vitamin D: 0.17µg (1.13%)