

Sticky Orange-Cilantro Smothered Chicken

Alison Ladman - Associated Press
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Servings: 4

2 (about 1 pound total) boneless/
skinless chicken breasts, cut into two-
inch chunks

1/2 cup low-sodium chicken broth

1/2 cup orange marmalade

2 tablespoons brown sugar

1/2 teaspoon red pepper flakes

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/4 cup chopped fresh cilantro

Preheat the oven to 400 degrees.

In a large oven-safe skillet, mix the chicken
broth, marmalade, brown sugar, red pepper
flakes, salt, black pepper and cilantro. Bring to a
boil and cook until reduced by half.

Add the chicken, turning to coat.

Place the skillet in the oven and cook for 20 to
25 minutes or the chicken reaches 160 degrees.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown
items): 120 Calories; trace Fat
(2.1% calories from fat); 2g Protein;
31g Carbohydrate; 2g Dietary
Fiber; 0mg Cholesterol; 296mg
Sodium. Exchanges: 0
Grain(Starch); 0 Lean Meat; 0 Fat;
2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	120	Vitamin B6 (mg):	trace
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	93.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	16mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily*	n n%
Carbohydrate (g):	31g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0

Protein (g): 2g
Sodium (mg): 296mg
Potassium (mg): 58mg
Calcium (mg): 25mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 97IU
Vitamin A (r.e.): 9 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 120 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	296mg	12%
Total Carbohydrates	31g	10%
	Dietary Fiber 2g	8%
Protein	2g	

Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.