



# Broiled Chicken

**Number of Servings:** 2  
**Calories Per Serving:** 224  
**PCF Ratio:** 62-26-12

Single Serving Comment: 2 small breasts (71g each)

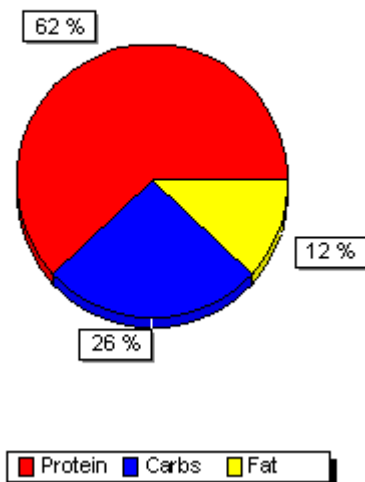
## Cooking Instructions

Ingredients:

- 4 tbsp unsweetened Orange Juice
- 2 tbsp Italian Diet Salad Dressing
- 4 Large Chicken Breasts (Meat Only)  
(serves 2)

Arrange the chicken on a broiler pan. Combine the other ingredients and mix well. Brush half the mixture over the chicken and broil for 6 minutes, or until lightly browned; turn and brush the other side with the remaining mixture. Broil for 6 minutes more or until the chicken is tender.

62-26-12 Ratio



Nutrition Information	
Serving Size: 2 small breasts (71g each) 93g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 14 g	
<b>Protein</b> 34 g	
Vitamin A 4%	Vitamin C 80%
Calcium 2%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
ORANGE JUICE, UNSWEETENED	frozen conc, undiluted	4 tbsp	71	112.9	1.7	27.1	26.5				
SALAD DRESSING, ITALIAN, DIET	commercial, 2 calories/tsp, no salt	2 tbsp	30	22.8	.1	1.4	1.4	.7	.7		
CHICKEN BREAST, BONELESS, RAW, MEAT ONLY	broiler/fryer, yield from 1 lb RTC chicken	4 breasts	284	312.4	65.6						
Recipe Total:				385	448.1	67.4	28.5	27.9	.7	.7	
Single Serving Total:				193	224	33.7	14.2	13.9	.3	.3	

**Broiled Chicken (continued)**

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (mcg_RAE)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
ORANGE JUICE, UNSWEETENED			.6	.2	.0		.0			13.5	269.1	.2	.0	.5
SALAD DRESSING, ITALIAN, DIET				1.9	.1	.1	.4	1.8		.3	3.6			
CHICKEN BREAST, BONELESS, RAW, MEAT ONLY				3.5	.9	.1	.6	164.7		17	59.6	.2	.3	31.8
Recipe Total:			.6	5.6	1.1	.2	1	166.5		30.8	332.3	.4	.3	32.3
Single Serving Total:			.3	2.8	.5	.1	.5	83.3		15.4	166.2	.2	.2	16.1

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
ORANGE JUICE, UNSWEETENED	.4	.1	110.1	110.1		110.1			97.9		.5		22.7	24.1
SALAD DRESSING, ITALIAN, DIET		.0									.2		2.7	1.2
CHICKEN BREAST, BONELESS, RAW, MEAT ONLY	2.3	1.6	11.4	11.4		11.4	1.1		3.4		.4		31.2	79.5
Recipe Total:	2.7	1.7	121.4	121.4		121.4	1.1		101.3		1		56.7	104.9
Single Serving Total:	1.4	.8	60.7	60.7		60.7	.5		50.7		.5		28.3	52.4

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
ORANGE JUICE, UNSWEETENED	40.5	478.5	2.1			.1			.2	.0		.3	.1
SALAD DRESSING, ITALIAN, DIET	3.3	25.5	9						.2			2.4	.1
CHICKEN BREAST, BONELESS, RAW, MEAT ONLY	556.6	724.2	184.6			.1			2	.1		50.6	2.3
Recipe Total:	600.4	1228.2	195.7			.2			2.5	.1		53.2	2.5
Single Serving Total:	300.2	614.1	97.9			.1			1.2	.0		26.6	1.2