

# Baked Cranberry Chicken



## Serving Size

4 ounce chicken breast  
plus 1/2 cup cranberry  
glaze



## Skill Level

Moderate



## Diet Type

Dialysis

## Ingredients

- 16 ounces boneless skinless chicken breast
- 1 1/2 cup fresh cranberries
- 1/4 cup apple cider vinegar
- 1/2 cup of water
- 1 tbsp honey
- 1 tbsp olive oil
- 1/2 tsp ground ginger
- 1/4 tsp allspice
- 1/2 tsp ground black pepper

## Directions

1. Preheat oven to 350.
2. Season chicken with ground black pepper and olive oil and place in oven.
3. Cook chicken for 25 minutes (or until reaching an internal temperature of 165).
4. While chicken is oven, place cranberries, apple cider vinegar, honey, water, ginger, and allspice in a pan. Cook on medium heat while stirring often for 10 minutes or until cranberries are soft.
5. Transfer cooked chicken to plate and top with cranberry glaze.
6. Enjoy

## Nutrition Facts

Serving: 4

Amount per serving

**Calories 200**

|               |        |
|---------------|--------|
| Sodium        | 52 mg  |
| Potassium     | 405 mg |
| Phosphorus    | 245 mg |
| Carbohydrates | 8 g    |
| Protein       | 25 g   |