



Amazing Slow Cooker Orange Chicken

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown sugar
- 0.5 cup chicken broth
- 10.8 ounce cream of chicken soup canned
- 0.3 cup flour all-purpose
- 0.3 cup orange juice concentrate frozen
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt

- 4 chicken breast halves boneless skinless
- 2 tablespoons shortening

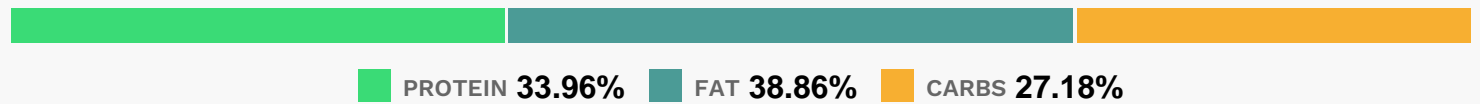
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat the shortening in a skillet over medium-high heat. In a bowl, mix the flour, condensed soup, seasoned salt, pepper, and salt. Dip chicken in the mixture to coat, and fry in the skillet until golden brown.
- Place chicken in a slow cooker.
- Mix the chicken broth, brown sugar, and orange juice concentrate in a bowl, and pour over chicken in the slow cooker.
- Cover, and cook 2 to 3 hours on Low or 1 to 2 hours on High.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:6.67, Inflammation Score:-5, Nutrition Score:16.886521904365%

Nutrients (% of daily need)

Calories: 327.11kcal (16.36%), Fat: 13.92g (21.42%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 21.44g (7.8%), Sugar: 9.53g (10.59%), Cholesterol: 79mg (26.33%), Sodium: 1213.59mg (52.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Vitamin B3: 12.87mg (64.36%), Selenium: 40.5µg (57.86%), Vitamin B6: 0.91mg (45.63%), Vitamin C: 35.75mg (43.33%), Phosphorus: 285.25mg (28.52%), Vitamin B5: 1.97mg (19.74%), Potassium: 622.35mg (17.78%), Vitamin B2: 0.25mg (14.45%), Vitamin B1: 0.22mg (14.41%), Magnesium: 43.13mg (10.78%), Folate: 38.61µg (9.65%), Iron: 1.72mg (9.56%), Manganese: 0.17mg (8.26%), Copper: 0.16mg (8.03%), Vitamin E: 1.18mg (7.85%), Vitamin K: 7.08µg (6.74%), Zinc: 0.99mg (6.62%), Vitamin A: 263.53IU (5.27%), Vitamin B12: 0.23µg (3.86%), Calcium: 30.2mg (3.02%), Fiber: 0.48g (1.92%)