



## Baked Orange Chicken and Brown Rice

 **Gluten Free**  **Dairy Free**

READY IN



125 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 1 cup brown basmati rice
- 2 tablespoons mint leaves fresh chopped
- 2 juice of orange
- 4 servings kosher salt
- 1.8 cups chicken broth low-sodium
- 3 tablespoons olive oil extra-virgin
- 1 medium onion chopped

- 2 tablespoons pinenuts toasted
- 24 ounce chicken thighs boneless skinless

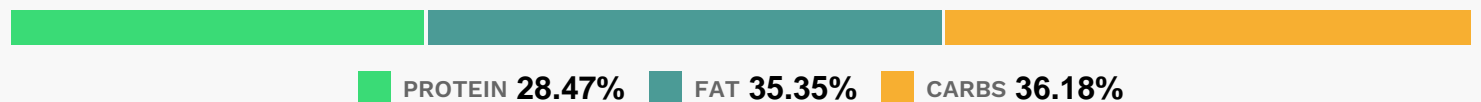
## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat the oven to 375 degrees F.
- Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat.
- Add the onions and cook, stirring, until just beginning to brown and soft, about 5 minutes.
- Add the onions, chicken broth, rice, 1/4 cup of the orange juice, 2 teaspoons of the orange zest, 1 tablespoon of oil and 3/4 teaspoon salt to a 2-quart baking dish and stir to combine.
- Toss the chicken with the remaining 1 tablespoon oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Nestle the chicken into the rice mixture. Cover the dish with foil and transfer it to the oven, being careful not to spill.
- Bake for 55 minutes.
- Remove the foil and drizzle the chicken with 2 tablespoons of the orange juice. Continue to bake until most of the liquid has been absorbed, the chicken is fully cooked and the rice is tender, about 50 minutes more.
- Drizzle the chicken with the remaining orange juice.
- Sprinkle the mint, pine nuts and desired amount of remaining orange zest over the dish and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.05, Glycemic Load:22.84, Inflammation Score:-6, Nutrition Score:25.241304335387%

## Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 15.56mg, Hesperetin: 15.56mg, Hesperetin: 15.56mg, Hesperetin: 15.56mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## Nutrients (% of daily need)

Calories: 561.52kcal (28.08%), Fat: 22g (33.84%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 47.63g (17.32%), Sugar: 7.49g (8.32%), Cholesterol: 161.59mg (53.86%), Sodium: 381.37mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Selenium: 45.6µg (65.15%), Vitamin B3: 12.25mg (61.24%), Vitamin C: 44.24mg (53.62%), Manganese: 1.07mg (53.45%), Vitamin B6: 0.94mg (46.98%), Phosphorus: 457.05mg (45.71%), Vitamin B5: 2.75mg (27.52%), Vitamin B2: 0.42mg (24.47%), Zinc: 3.65mg (24.32%), Potassium: 760.62mg (21.73%), Vitamin B12: 1.19µg (19.86%), Magnesium: 76.89mg (19.22%), Copper: 0.36mg (18.17%), Vitamin B1: 0.27mg (17.74%), Vitamin E: 2.45mg (16.31%), Iron: 2.57mg (14.28%), Vitamin K: 14.27µg (13.59%), Fiber: 3.02g (12.08%), Folate: 44.1µg (11.02%), Calcium: 76.36mg (7.64%), Vitamin A: 322.47IU (6.45%)