



Baked Orange-Glazed Chicken

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground mustard
- 0.5 cup orange juice
- 1 teaspoon orange zest grated
- 1 teaspoon paprika
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless
- 0.5 cup vegetable oil

Equipment

- bowl
- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Whisk orange juice, vegetable oil, orange zest, paprika, mustard, and salt in a bowl. Arrange chicken breast halves in a baking dish; pour orange juice mixture over chicken.
- Bake chicken breasts until no longer pink in the center and juices run clear, 30 to 45 minutes, basting with orange glaze every 10 to 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts

PROTEIN 51.17% **FAT 40.95%** **CARBS 7.88%**

Properties

Glycemic Index:16.75, Glycemic Load:1.66, Inflammation Score:-5, Nutrition Score:13.238695543745%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 195.38kcal (9.77%), Fat: 8.69g (13.36%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.69g (2.99%), Cholesterol: 72.32mg (24.11%), Sodium: 713.18mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.83%), Vitamin B3: 11.99mg (59.94%), Selenium: 37.27µg (53.24%), Vitamin B6: 0.87mg (43.62%), Phosphorus: 248.38mg (24.84%), Vitamin C: 17.58mg (21.3%), Vitamin B5: 1.69mg (16.88%), Potassium: 496.37mg (14.18%), Vitamin K: 10.71µg (10.2%), Magnesium: 35.65mg (8.91%), Vitamin B2: 0.13mg (7.66%), Vitamin B1: 0.11mg (7.1%), Vitamin A: 344.42IU (6.89%), Vitamin E: 0.85mg (5.63%), Zinc: 0.73mg (4.84%), Vitamin B12: 0.23µg (3.77%), Folate: 15.02µg (3.76%), Iron: 0.64mg (3.57%), Copper: 0.05mg (2.59%), Manganese: 0.04mg (2.15%), Fiber: 0.35g (1.4%), Calcium: 12.7mg (1.27%)