



Bev's Orange Chicken

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken thighs
- 1 ounce onion soup mix dry
- 0.5 teaspoon garlic powder to taste
- 1 cup orange juice
- 1 tablespoon soya sauce

Equipment

- bowl
- oven

glass baking pan

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a small bowl, stir together the orange juice, soy sauce, onion soup mix and garlic powder; set aside. Rinse chicken, and pat dry.

Place chicken thighs into a 9x13 inch glass baking dish.

Pour the orange juice mixture over.

Bake, uncovered, for 1 hour and 30 minutes in the preheated oven, basting every half hour. If using boneless chicken, reduce cooking time to 1 hour.

Nutrition Facts

 **PROTEIN 28.26%** **FAT 62.75%** **CARBS 8.99%**

Properties

Glycemic Index:9, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:9.2956521666568%

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: 273.77kcal (13.69%), Fat: 18.85g (29%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.74g (2.09%), Sugar: 2.81g (3.12%), Cholesterol: 110.74mg (36.91%), Sodium: 497.71mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.2%), Selenium: 21.4µg (30.57%), Vitamin B3: 5.51mg (27.57%), Vitamin B6: 0.43mg (21.41%), Phosphorus: 194.99mg (19.5%), Vitamin C: 15.62mg (18.94%), Vitamin B5: 1.25mg (12.47%), Vitamin B12: 0.72µg (12.05%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.48mg (9.89%), Potassium: 326.21mg (9.32%), Vitamin B1: 0.12mg (8.24%), Magnesium: 28.05mg (7.01%), Iron: 0.93mg (5.15%), Copper: 0.09mg (4.39%), Folate: 13.18µg (3.3%), Vitamin A: 150.67IU (3.01%), Manganese: 0.06mg (2.95%), Vitamin K: 2.45µg (2.34%), Calcium: 18.12mg (1.81%), Vitamin E: 0.26mg (1.7%), Fiber: 0.33g (1.32%)