

Chicken Oriental

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons butter
- 2 pounds chicken wings
- 1 cup flour all-purpose for dredging
- 0.3 teaspoon ground ginger
- 0.3 cup catsup
- 1 onion chopped
- 0.7 cup orange juice
- 1 tablespoon soya sauce

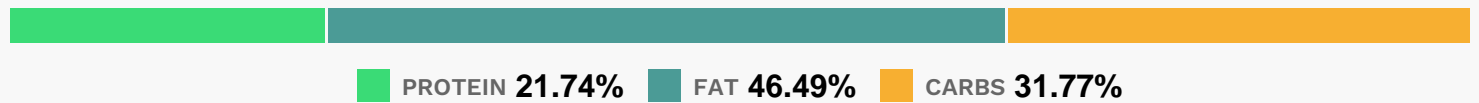
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F(175 degrees C).
- Dredge chicken wings in flour and brown slowly in butter or margarine over medium heat.
- Place browned chicken in a 9x13 inch baking dish.
- Add the onion, orange juice, ketchup, brown sugar, soy sauce, ground ginger and garlic powder/salt to the frying pan. Bring to a boil.
- Pour mixture over chicken and bake in preheated oven for 30 minutes. Turn chicken and continue baking for 30 additional minutes or until very tender.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:13.36, Inflammation Score:-5, Nutrition Score:10.416956536148%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 333.43kcal (16.67%), Fat: 17.12g (26.34%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.32g (9.21%), Sugar: 7.98g (8.87%), Cholesterol: 72.9mg (24.3%), Sodium: 380.13mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.03%), Vitamin B3: 6.52mg (32.61%), Selenium: 20.07µg (28.67%), Vitamin C: 16.25mg (19.7%), Vitamin B6: 0.36mg (17.83%), Vitamin B1: 0.24mg (15.96%),

Phosphorus: 148.98mg (14.9%), Folate: 55.05µg (13.76%), Vitamin B2: 0.22mg (12.73%), Manganese: 0.24mg (12.07%), Iron: 1.99mg (11.03%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.82mg (8.17%), Potassium: 280.24mg (8.01%), Vitamin A: 360.54IU (7.21%), Magnesium: 27.53mg (6.88%), Copper: 0.1mg (4.97%), Vitamin B12: 0.27µg (4.49%), Fiber: 1g (4.02%), Vitamin E: 0.58mg (3.83%), Calcium: 25.65mg (2.56%)