



Chicken Thighs with Orange-Ginger Glaze

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon ginger fresh grated peeled
- 0.1 teaspoon garlic powder
- 3 tablespoons honey
- 1 navel oranges
- 1.5 teaspoons olive oil
- 0.5 teaspoon salt
- 1.5 pounds chicken thighs boneless skinless

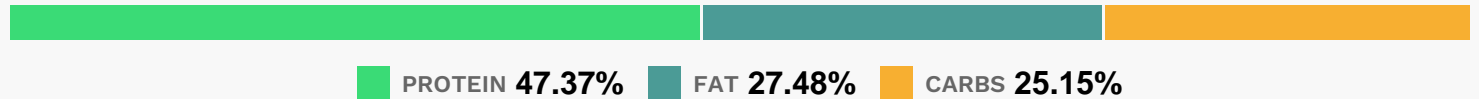
Equipment

- frying pan

Directions

- Sprinkle chicken with salt, pepper, and garlic powder.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 to 4 minutes on each side or until browned.
- While chicken cooks, grate rind and squeeze juice from orange to measure 1 teaspoon and 1/4 cup, respectively.
- Add orange rind, juice, honey, and ginger to chicken, scraping to loosen browned bits. Bring to a boil; reduce heat, and simmer, uncovered, 7 minutes or until chicken is done and orange mixture is syrupy.
- Sprinkle with green onions, if desired.
- Serve with: Roasted Broccoli with Almonds

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:6.8, Inflammation Score:-3, Nutrition Score:15.454347714134%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 281.73kcal (14.09%), Fat: 8.55g (13.16%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 16.75g (6.09%), Sugar: 15.92g (17.69%), Cholesterol: 161.59mg (53.86%), Sodium: 443.23mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.33%), Selenium: 38.6µg (55.14%), Vitamin B3: 9.67mg (48.37%), Vitamin B6: 0.79mg (39.55%), Phosphorus: 327.52mg (32.75%), Vitamin C: 20.79mg (25.2%), Vitamin B5: 2.15mg (21.47%), Vitamin B2: 0.33mg (19.14%), Vitamin B12: 1.09µg (18.14%), Zinc: 2.65mg (17.7%), Potassium: 487.96mg (13.94%), Vitamin B1: 0.18mg (11.84%), Magnesium: 43.8mg (10.95%), Iron: 1.5mg (8.35%),

Copper: 0.12mg (5.9%), Vitamin K: 6.04µg (5.75%), Folate: 19.14µg (4.78%), Vitamin E: 0.58mg (3.85%), Manganese: 0.07mg (3.44%), Fiber: 0.85g (3.41%), Calcium: 32.21mg (3.22%), Vitamin A: 127.96IU (2.56%)