




 **9%**  
HEALTH SCORE

# Chicken With Orange Sauce


 **Gluten Free**

READY IN




**42 min.**

SERVINGS



**6**

CALORIES



**440 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 1 tablespoon butter
- 3 pounds chicken
- 0.3 cup chicken broth
- 2 tablespoons cornstarch
- 1 garlic clove minced
- 0.5 medium bell pepper green julienned

- 0.3 teaspoon ground ginger
- 1 large onion halved sliced
- 0.8 cup orange juice
- 0.5 teaspoon orange zest grated
- 0.5 cup slivered almonds toasted
- 0.3 cup teriyaki sauce
- 2 tablespoons vegetable oil
- 2.5 cups water
- 0.5 medium bell pepper sweet yellow julienned

## Equipment

- sauce pan
- aluminum foil
- pressure cooker

## Directions

- In a pressure cooker, brown chicken in oil over medium-high heat; drain.
- Remove chicken to a 30-in. x 18-in. piece of heavy-duty foil. Top with onion, peppers, garlic and orange peel. Wrap tightly.
- Place on a rack in pressure cooker; add water. Close over securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 12 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)
- Immediately cool according to manufacturer's directions until pressure is completely reduced. In a small saucepan, combine cornstarch and orange juice until smooth. Stir in the sherry or broth, teriyaki sauce, brown sugar, butter and ginger. Bring to a boil; cook and stir for 1 minute or until thickened.
- Remove chicken and vegetables to a serving platter. Top with sauce; sprinkle with almonds.

## Nutrition Facts



PROTEIN 21.44% FAT 55.94% CARBS 22.62%

## Properties

Glycemic Index:29.83, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:15.342173897702%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## Nutrients (% of daily need)

Calories: 439.79kcal (21.99%), Fat: 27.47g (42.26%), Saturated Fat: 6.96g (43.47%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 23.03g (8.38%), Sugar: 17.68g (19.64%), Cholesterol: 86.86mg (28.95%), Sodium: 597.67mg (25.99%), Alcohol: 0g (100%), Protein: 23.69g (47.38%), Vitamin C: 45.65mg (55.33%), Vitamin B3: 8.22mg (41.1%), Vitamin B6: 0.5mg (24.93%), Phosphorus: 241.4mg (24.14%), Selenium: 16.76µg (23.95%), Vitamin E: 3.11mg (20.76%), Manganese: 0.34mg (16.82%), Magnesium: 64.11mg (16.03%), Vitamin B2: 0.27mg (15.9%), Potassium: 457.42mg (13.07%), Zinc: 1.84mg (12.27%), Vitamin B5: 1.2mg (11.96%), Copper: 0.22mg (11.19%), Vitamin K: 11.01µg (10.48%), Iron: 1.84mg (10.24%), Vitamin B1: 0.14mg (9.24%), Fiber: 1.95g (7.78%), Folate: 29.34µg (7.33%), Vitamin A: 330.8IU (6.62%), Calcium: 65.62mg (6.56%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.22µg (1.45%)