

Citrus Chicken

 Dairy Free

READY IN



465 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons chiffonade basil leaves
- ☐ 4 pounds chicken thighs bone-in
- ☐ 1 tablespoon celery seeds
- ☐ 1 teaspoon ginger minced
- ☐ 0.3 cup reserved marinade
- ☐ 1 teaspoon chiffonade mint leaves fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup orange juice freshly squeezed

- ☐ 0.5 cup orange marmalade (with small rinds) for marmalade
- ☐ 2 tablespoons orange zest (grated)
- ☐ 2 teaspoons freshly cracked pepper (black)
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon shallots (minced)
- ☐ 3 tablespoons shallots (minced)
- ☐ 0.3 cup chili sauce (sweet)
- ☐ 1 tablespoon balsamic vinegar (white)
- ☐ 3 tablespoons balsamic vinegar (white)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all the ingredients in a large resealable plastic bag and refrigerate for 6 to 8 hours.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove the chicken from the marinade, reserving 1/4 cup for Glaze and put the chicken in a 13-by-9-inch pan and bake for 45 minutes. Baste with the Glaze, turn the pieces over and bake for an additional 15 to 25 minutes, basting every 7 minutes.
- ☐ Remove from the oven and arrange the chicken on a serving platter.
- ☐ In a small saucepan, over medium-high heat, add the olive oil. When the oil is hot add the shallots and ginger and saute for 3 minutes.
- ☐ Add the remaining ingredients and reduce heat to a low simmer. Cook for 15 minutes. Baste the chicken with the glaze after 45 minutes.

Nutrition Facts



 **PROTEIN 24.01%**  **FAT 56.84%**  **CARBS 19.15%**

Properties

Glycemic Index:41.13, Glycemic Load:2.19, Inflammation Score:-4, Nutrition Score:15.31565203874%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 542.64kcal (27.13%), Fat: 34.08g (52.44%), Saturated Fat: 8.9g (55.66%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 25.04g (9.11%), Sugar: 21.42g (23.8%), Cholesterol: 188.92mg (62.97%), Sodium: 673.77mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.79%), Selenium: 36.39µg (51.98%), Vitamin B3: 9.11mg (45.57%), Vitamin B6: 0.7mg (35.17%), Phosphorus: 319.37mg (31.94%), Vitamin B12: 1.23µg (20.56%), Vitamin B5: 2.04mg (20.36%), Vitamin C: 15.24mg (18.47%), Zinc: 2.52mg (16.81%), Vitamin B2: 0.27mg (16.02%), Potassium: 501.48mg (14.33%), Magnesium: 46.45mg (11.61%), Vitamin B1: 0.17mg (11.51%), Iron: 1.91mg (10.61%), Manganese: 0.19mg (9.47%), Copper: 0.15mg (7.68%), Vitamin K: 7.54µg (7.18%), Calcium: 48.4mg (4.84%), Vitamin A: 239.2IU (4.78%), Vitamin E: 0.7mg (4.67%), Folate: 17.17µg (4.29%), Fiber: 0.78g (3.12%), Vitamin D: 0.19µg (1.29%)