



Citrus Chicken with Peppers

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice instant uncooked
- 2 cups water
- 4 chicken breast halves boneless skinless
- 1 medium bell pepper red cut into bite-sized strips
- 1 medium bell pepper green cut into bite-sized strips
- 0.3 cup orange juice
- 2 tablespoons juice of lime
- 2 tablespoons honey

- 0.5 teaspoon paprika
- 0.3 teaspoon salt
- 1 Dash pepper
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 serving cilantro leaves fresh chopped

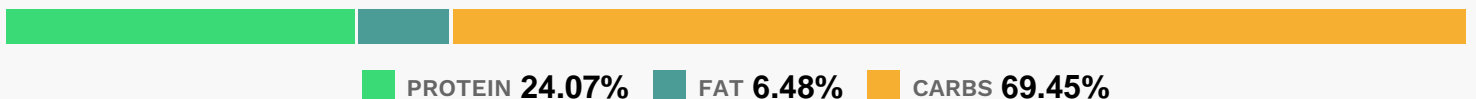
Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Cook rice in 2 cups water as directed on package.
- Meanwhile, place chicken breast halves in large skillet. Arrange bell pepper strips around chicken. In small bowl, combine orange juice, lime juice, honey, paprika, salt and pepper; mix well.
- Pour orange juice mixture over chicken and bell peppers. Bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until chicken is fork-tender and juices run clear. With slotted spoon, remove chicken from skillet; place on serving platter and cover to keep warm.
- In small bowl, blend cornstarch and 2 tablespoons water until smooth. Stir into hot liquid in skillet. Cook over medium heat until mixture boils and thickens, stirring constantly. Spoon sauce over chicken; sprinkle with cilantro.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:71.61, Glycemic Load:50.59, Inflammation Score:-8, Nutrition Score:24.85260903317%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 531.62kcal (26.58%), Fat: 3.76g (5.78%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 90.54g (30.18%), Net Carbohydrates: 88g (32%), Sugar: 12.58g (13.98%), Cholesterol: 72.32mg (24.11%), Sodium: 290.56mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.77%), Vitamin C: 76mg (92.12%), Selenium: 50.34µg (71.92%), Vitamin B3: 13.83mg (69.16%), Vitamin B6: 1.17mg (58.52%), Manganese: 1.11mg (55.72%), Phosphorus: 363.44mg (36.34%), Vitamin B5: 2.73mg (27.34%), Vitamin A: 1245.49IU (24.91%), Potassium: 701.13mg (20.03%), Magnesium: 63.95mg (15.99%), Copper: 0.3mg (14.85%), Vitamin B1: 0.19mg (12.76%), Zinc: 1.84mg (12.28%), Vitamin B2: 0.21mg (12.14%), Fiber: 2.54g (10.15%), Folate: 35.88µg (8.97%), Iron: 1.55mg (8.59%), Vitamin E: 1mg (6.63%), Calcium: 45.16mg (4.52%), Vitamin K: 4.36µg (4.15%), Vitamin B12: 0.23µg (3.77%)