



## Citrus Chicken with Peppers

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**532 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cornstarch
- 4 servings cilantro leaves fresh chopped
- 1 medium bell pepper green cut into bite-sized strips
- 2 tablespoons honey
- 2 cups rice instant uncooked
- 2 tablespoons juice of lime
- 0.3 cup orange juice
- 0.5 teaspoon paprika

- 1 Dash pepper
- 1 medium bell pepper red cut into bite-sized strips
- 0.3 teaspoon salt
- 4 chicken breast halves boneless skinless
- 2 cups water
- 2 tablespoons water

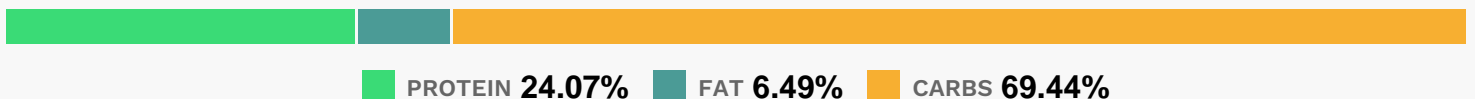
## Equipment

- 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:24.873043578604%

## 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: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## **Nutrients (% of daily need)**

Calories: 531.64kcal (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: 290.6mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin C: 76.02mg (92.15%), Selenium: 50.34µg (71.92%), Vitamin B3: 13.83mg (69.16%), Vitamin B6: 1.17mg (58.52%), Manganese: 1.11mg (55.73%), Phosphorus: 363.48mg (36.35%), Vitamin B5: 2.73mg (27.35%), Vitamin A: 1250.55IU (25.01%), Potassium: 701.52mg (20.04%), Magnesium: 63.97mg (15.99%), Copper: 0.3mg (14.86%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.84mg (12.28%), Vitamin B2: 0.21mg (12.15%), Fiber: 2.54g (10.16%), Folate: 35.93µg (8.98%), Iron: 1.55mg (8.59%), Vitamin E: 1mg (6.65%), Calcium: 45.21mg (4.52%), Vitamin K: 4.6µg (4.38%), Vitamin B12: 0.23µg (3.77%)