



Creamy Orange Chicken

READY IN



30 min.

SERVINGS



2

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast halves - pounded to 1/2 inch boneless skinless
- 0.5 cup flour
- 0.3 cup chives fresh chopped
- 0.5 cup heavy cream
- 0.5 cup mandarin orange segments canned drained
- 3 tablespoons olive oil
- 2 fluid ounces liqueur orange flavored to taste

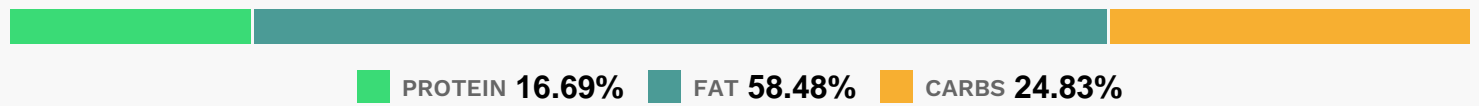
Equipment

frying pan

Directions

- Heat olive oil in a skillet over medium-high heat. Lightly coat chicken breasts in flour, shaking off excess, and brown in oil on both sides. Stir in cointreau, oranges, and heavy cream. Reduce heat to medium, and simmer until liquid has reduced by half.
- Remove chicken from pan when not longer pink in center, and allow the sauce to reduce another 5 minutes.
- Stir in chives, season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:19.65, Inflammation Score:-8, Nutrition Score:21.737826202227%

Flavonoids

Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 4.88mg, Naringenin: 4.88mg, Naringenin: 4.88mg, Naringenin: 4.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 766.62kcal (38.33%), Fat: 45.9g (70.62%), Saturated Fat: 17.3g (108.12%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 42.01g (15.28%), Sugar: 18.59g (20.66%), Cholesterol: 139.55mg (46.52%), Sodium: 149.32mg (6.49%), Alcohol: 11.93g (100%), Alcohol %: 4.91% (100%), Protein: 29.47g (58.93%), Selenium: 48.63µg (69.47%), Vitamin B3: 13.88mg (69.42%), Vitamin B6: 0.93mg (46.29%), Phosphorus: 318.21mg (31.82%), Vitamin A: 1458.19IU (29.16%), Vitamin E: 3.91mg (26.09%), Vitamin K: 25.52µg (24.3%), Vitamin B1: 0.36mg (24.11%), Vitamin B2: 0.4mg (23.68%), Vitamin C: 17.63mg (21.37%), Vitamin B5: 2.02mg (20.2%), Folate: 77.14µg (19.28%), Potassium: 604mg (17.26%), Manganese: 0.27mg (13.42%), Iron: 2.2mg (12.21%), Magnesium: 48.37mg (12.09%), Fiber: 1.85g (7.39%), Calcium: 72.46mg (7.25%), Zinc: 1.08mg (7.19%), Vitamin D: 1.07µg (7.1%), Copper: 0.11mg (5.52%), Vitamin B12: 0.32µg (5.35%)