



Dinner Tonight: Brazilian Chicken With Orange



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds fine
- ☐ 1 chicken cut into pieces
- ☐ 0.5 teaspoon ginger shredded
- ☐ 0.5 cup olive oil
- ☐ 2 cranberry-orange relish
- ☐ 0.5 cup raisins
- ☐ 4 servings salt and pepper
- ☐ 1 cup wine

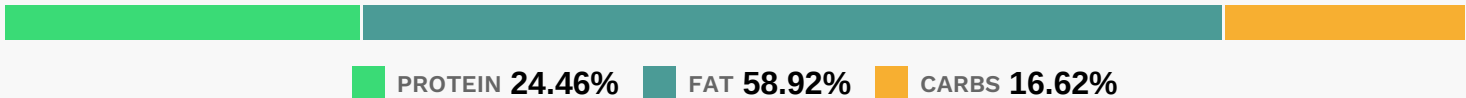
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Pour the oil in a skillet, and warm over medium heat.
- ☐ Cook the chicken pieces in the oil until browned on both sides.
- ☐ Transfer to a baking dish.
- ☐ Mix all other ingredients in a bowl; pour over chicken.
- ☐ Place in oven, and bake for 45 minutes.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:10.66, Inflammation Score:-7, Nutrition Score:23.726087238478%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 18.09mg, Hesperetin: 18.09mg, Hesperetin: 18.09mg, Hesperetin: 18.09mg Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 694.51kcal (34.73%), Fat: 43.18g (66.43%), Saturated Fat: 9.68g (60.47%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 22.37g (8.14%), Sugar: 7.48g (8.31%), Cholesterol: 142.83mg (47.61%), Sodium: 335.49mg (14.59%), Alcohol: 6.18g (100%), Alcohol %: 2.06% (100%), Protein: 40.33g (80.66%), Vitamin B3: 14.05mg (70.26%), Vitamin C: 38.88mg (47.13%), Selenium: 28.65µg (40.94%), Vitamin E: 6.04mg (40.29%), Phosphorus: 399.57mg (39.96%), Vitamin B6: 0.79mg (39.74%), Vitamin B2: 0.5mg (29.45%), Manganese: 0.58mg (29.03%), Magnesium: 104.45mg (26.11%), Potassium: 802.77mg (22.94%), Zinc: 3.2mg (21.36%), Fiber: 5.04g (20.18%), Vitamin B5: 2.02mg (20.16%), Copper: 0.36mg (18.14%), Iron: 3.11mg (17.26%), Vitamin B1: 0.23mg (15.42%), Calcium: 105.92mg (10.59%), Folate: 40.11µg (10.03%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 414.17IU (8.28%), Vitamin K: 6.35µg (6.05%), Vitamin D: 0.38µg (2.54%)