



Fragrant Orange Chicken with Scallion Mashed Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken cut in 10 pieces
- ☐ 2 tablespoons cilantro leaves
- ☐ 2 teaspoon garlic finely minced
- ☐ 0.3 cup honey
- ☐ 3 orange juice
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper red

- ☐ 4 servings salt and pepper black
- ☐ 3 tablespoons soya sauce

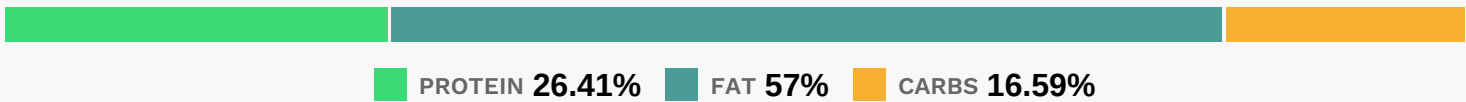
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Place the chicken in a large bowl.
- ☐ Combine remaining ingredients and coat chicken.Refrigerate, covered, for 2 to 4 hours.
- ☐ Remove chicken 30 minutes before cooking. Preheat oven to 375°F. Arrangechicken in a shallow roasting pan.
- ☐ Pour 2/3 cup of the marinade into the pan.
- ☐ Bake chicken, basting frequently, for 1 hour.
- ☐ Transfer to a platter. Strain pan juices into a small saucepan and boil until thickened,about 10 minutes.
- ☐ Drizzle sauce over the chicken and sprinkle with scallions.
- ☐ Serve with Scallion Mashed Potatoes
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:11.73, Inflammation Score:-5, Nutrition Score:16.387391100759%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 566.72kcal (28.34%), Fat: 35.81g (55.09%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 23.14g (8.41%), Sugar: 21.43g (23.81%), Cholesterol: 142.83mg (47.61%), Sodium: 1085.04mg (47.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.67%), Vitamin B3: 13.72mg (68.59%), Selenium: 27.99µg (39.98%), Vitamin B6: 0.74mg (36.91%), Vitamin C: 26.18mg (31.73%), Phosphorus: 308.76mg (30.88%), Vitamin B5: 1.89mg (18.95%), Zinc: 2.65mg (17.64%), Vitamin B2: 0.27mg (16.1%), Potassium: 499.17mg (14.26%), Iron: 2.31mg (12.81%), Magnesium: 49.48mg (12.37%), Vitamin B1: 0.17mg (11.08%), Vitamin E: 1.65mg (11.01%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 407.31IU (8.15%), Manganese: 0.16mg (7.77%), Vitamin K: 7.89µg (7.52%), Copper: 0.14mg (7.17%), Folate: 27.98µg (7%), Calcium: 33.32mg (3.33%), Vitamin D: 0.38µg (2.54%), Fiber: 0.32g (1.28%)