



## Golden Chili Chicken

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**337 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chili powder
- 1 tablespoon parsley dried
- 1 large onion cut into 1/2-inch wide slices
- 0.8 cup orange juice
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2 pound meat from a rotisserie chicken whole cut into pieces

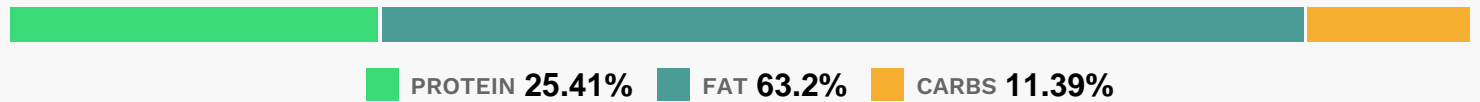
### Equipment

- bowl
- frying pan

## Directions

- In a small bowl, mix together orange juice, parsley, salt, and chili powder.
- Heat oil until hot in a 12-inch skillet over medium-high heat. Cook chicken pieces until browned on all sides.
- Remove excess fat from skillet.
- Add sliced onions and orange juice mixture to chicken in skillet.
- Heat to boiling, and then reduce heat to low. Cover. Simmer for 30 minutes, or until chicken is tender. Stir occasionally.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:3.24, Inflammation Score:-7, Nutrition Score:13.071304259093%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

## Nutrients (% of daily need)

Calories: 337.19kcal (16.86%), Fat: 23.64g (36.37%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.03g (2.92%), Sugar: 5.68g (6.31%), Cholesterol: 81.65mg (27.22%), Sodium: 694.6mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Vitamin B3: 7.91mg (39.57%), Vitamin C: 28.41mg (34.43%), Vitamin B6: 0.49mg (24.55%), Selenium: 16.39µg (23.41%), Vitamin K: 23.25µg (22.14%), Phosphorus: 186.99mg (18.7%), Vitamin A: 848.85IU (16.98%), Potassium: 406.03mg (11.6%), Vitamin B5: 1.15mg (11.48%), Vitamin E: 1.72mg (11.44%), Vitamin B2: 0.19mg (10.91%), Zinc: 1.63mg (10.85%), Iron: 1.61mg (8.97%), Magnesium: 35.63mg (8.91%), Vitamin B1: 0.13mg (8.69%), Manganese: 0.16mg (8.01%), Folate: 29.07µg (7.27%), Fiber: 1.56g (6.24%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.58%), Calcium: 38.37mg (3.84%), Vitamin D:

0.22µg (1.45%)