



Green-Tea-and-Orange-Smoked Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cranberry-orange relish
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup tea green
- ☐ 4 servings freshly tea for all occasions
- ☐ 1 tablespoon teriyaki sauce low-sodium

Equipment

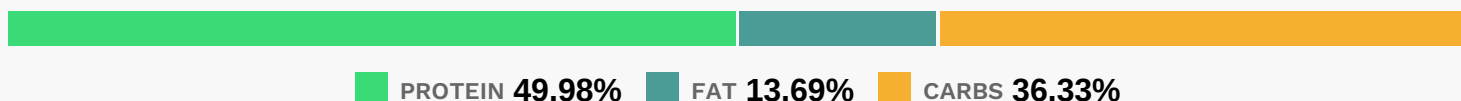
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ dutch oven
- ☐ peeler

Directions

- ☐ Make 2 diagonal cuts 1/4-inch deep across each chicken breast half.
- ☐ Combine chicken and Tea Sauce for All Occasions in a zip-top plastic bag. Seal and marinate in refrigerator 24 hours, turning the bag occasionally.
- ☐ Remove chicken from bag, reserving 2/3 cup marinade.
- ☐ Carefully remove rind from the oranges using a vegetable peeler, making sure not to get any of the white pithy part of the rind.
- ☐ Cut the rind into 2-inch pieces. Line the bottom of a Dutch oven with foil.
- ☐ Add orange rind, tea, and sugar to pan.
- ☐ Place a vegetable steamer in pan over the rind mixture.
- ☐ Place chicken breast halves in steamer. Cover with foil, and top with lid. Cook over medium-high heat 25 minutes or until done.
- ☐ Remove from heat.
- ☐ Combine reserved marinade and teriyaki sauce in a small saucepan. Bring to a boil, and cook 1 minute. Strain mixture through a sieve into a bowl; discard solids.
- ☐ Remove chicken from steamer; discard the orange rind mixture.
- ☐ Serve teriyaki sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:8.11, Inflammation Score:-7, Nutrition Score:16.116087031105%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 1.79mg, Epicatechin 3-gallate: 1.79mg, Epicatechin 3-gallate: 1.79mg, Epicatechin 3-gallate: 1.79mg Epigallocatechin 3-gallate: 2.85mg, Epigallocatechin 3-gallate: 2.85mg, Epigallocatechin 3-gallate: 2.85mg, Epigallocatechin 3-gallate: 2.85mg Theaflavin: 0.48mg, Theaflavin: 0.48mg, Theaflavin: 0.48mg, Theaflavin: 0.48mg Thearubigins: 24.8mg, Thearubigins: 24.8mg, Thearubigins: 24.8mg, Thearubigins: 24.8mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Theaflavin-3,3'-digallate: 0.53mg, Theaflavin-3,3'-digallate: 0.53mg, Theaflavin-3,3'-digallate: 0.53mg, Theaflavin-3,3'-digallate: 0.53mg Theaflavin-3'-gallate: 0.46mg, Theaflavin-3'-gallate: 0.46mg, Theaflavin-3'-gallate: 0.46mg, Theaflavin-3'-gallate: 0.46mg Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg

Nutrients (% of daily need)

Calories: 202.86kcal (10.14%), Fat: 3.08g (4.73%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16g (5.82%), Sugar: 15.81g (17.57%), Cholesterol: 72.57mg (24.19%), Sodium: 304.87mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 25.26g (50.53%), Vitamin C: 53.63mg (65.01%), Vitamin B3: 12.16mg (60.81%), Selenium: 36.86µg (52.66%), Vitamin B6: 0.91mg (45.64%), Phosphorus: 259.13mg (25.91%), Vitamin B5: 1.87mg (18.74%), Potassium: 618.94mg (17.68%), Magnesium: 42.97mg (10.74%), Vitamin B1: 0.16mg (10.63%), Vitamin B2: 0.16mg (9.49%), Fiber: 2.36g (9.45%), Folate: 35.9µg (8.97%), Manganese: 0.11mg (5.43%), Vitamin A: 255.08IU (5.1%), Zinc: 0.74mg (4.92%), Calcium: 46.15mg (4.62%), Copper: 0.08mg (4.14%), Vitamin B12: 0.23µg (3.78%), Iron: 0.6mg (3.35%), Vitamin E: 0.39mg (2.62%)