



Honey-Orange Chicken



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander seeds
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 tablespoons honey
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup orange juice fresh

- ☐ 1 tablespoon orange rind grated 2 oranges
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

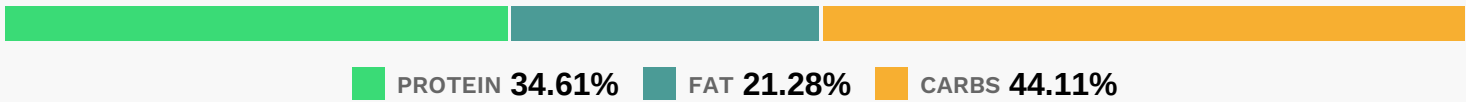
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 7 to 8 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Combine orange rind and next 7 ingredients.
- ☐ Add orange mixture to pan. Bring to a boil; cook 4 minutes or until slightly thick.
- ☐ Serve orange glaze over chicken.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:16.07, Inflammation Score:-4, Nutrition Score:15.499999849693%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 293.06kcal (14.65%), Fat: 7.07g (10.88%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 31.72g (11.53%), Sugar: 30.04g (33.38%), Cholesterol: 72.57mg (24.19%), Sodium: 279.11mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin B3: 12.32mg (61.61%), Selenium: 37.57µg (53.67%), Vitamin B6: 0.89mg (44.46%), Vitamin C: 26.98mg (32.7%), Phosphorus: 279.07mg (27.91%), Vitamin B5: 1.76mg (17.63%), Potassium: 585.24mg (16.72%), Manganese: 0.28mg (14.1%), Magnesium: 53.71mg (13.43%), Vitamin E: 1.87mg (12.44%), Vitamin B2: 0.21mg (12.25%), Vitamin B1: 0.13mg (8.73%), Copper: 0.13mg (6.49%), Zinc: 0.97mg (6.48%), Folate: 22.62µg (5.66%), Iron: 1.01mg (5.6%), Fiber: 1.26g (5.03%), Vitamin B12: 0.23µg (3.78%), Calcium: 35.03mg (3.5%), Vitamin A: 134.88IU (2.7%)