



Honey-Roasted Chicken with Orange-Scented Rice

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds toasted sliced
- 0.3 cup cranberries dried
- 0.3 tsp ground cinnamon
- 0.1 tsp ground pepper black
- 0.3 cup honey
- 2 cups rice white instant uncooked
- 1 peel and juice from orange divided grated

- 4 lb roasting chickens
- 0.3 tsp salt
- 30 servings water

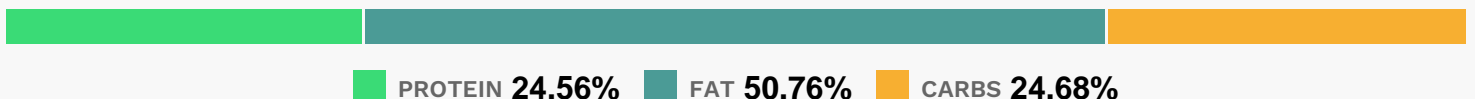
Equipment

- frying pan
- paper towels
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 400F. Rinse chicken; pat dry with paper towel.
- Sprinkle chicken, both inside and out, with the salt and pepper.
- Place in 13x9-inch baking dish.
- Bake 20 min. Reduce heat to 350F.
- Brush chicken with honey.
- Bake an additional 50 min. or until chicken is cooked through (180F), basting occasionally with the pan juices up until the last 10 min. of the baking time.
- Let stand 10 min. before serving.
- Meanwhile, add enough water to orange juice to measure 2 cups; pour into medium saucepan. Bring to boil on medium-high heat. Stir in rice; cover.
- Remove from heat.
- Let stand 5 min.
- Add almonds, cranberries, orange zest and cinnamon; stir.
- Serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:5.1039130988976%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.87kcal (6.84%), Fat: 7.66g (11.78%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.96g (2.9%), Sugar: 3.12g (3.47%), Cholesterol: 37.97mg (12.66%), Sodium: 62.44mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.67%), Vitamin B3: 3.31mg (16.54%), Selenium: 7.35µg (10.5%), Phosphorus: 87.29mg (8.73%), Vitamin B6: 0.15mg (7.61%), Vitamin A: 373.99IU (7.48%), Vitamin B12: 0.44µg (7.28%), Folate: 28.1µg (7.02%), Iron: 1.04mg (5.8%), Vitamin B2: 0.1mg (5.67%), Manganese: 0.11mg (5.66%), Vitamin B1: 0.08mg (5.53%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.73mg (4.85%), Copper: 0.09mg (4.63%), Magnesium: 15.91mg (3.98%), Potassium: 102.34mg (2.92%), Vitamin E: 0.42mg (2.78%), Vitamin C: 1.62mg (1.96%), Calcium: 18.07mg (1.81%), Fiber: 0.42g (1.66%)