



Honey-Spiced Chicken with Orange Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 3 lb chicken whole
- 2 medium onion sliced
- 1 teaspoon salt
- 1 teaspoon paprika
- 0.1 teaspoon pepper
- 1 cup orange juice
- 0.3 cup honey

- 2 tablespoons juice of lemon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.5 cup olives pitted ripe
- 1 tablespoon water cold
- 2 teaspoons cornstarch
- 1 slices cranberry-orange relish

Equipment

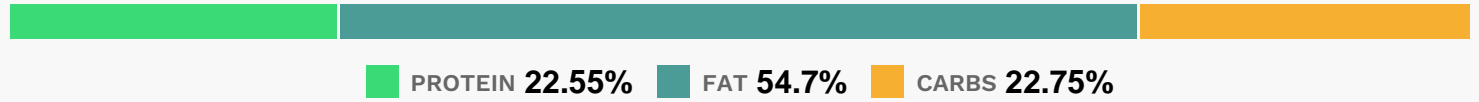
- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- dutch oven
- glass baking pan

Directions

- In deep 12-inch skillet or 5-quart Dutch oven, heat oil over medium heat.
- Add chicken pieces; cook about 15 minutes, turning occasionally, until brown on all sides.
- Heat oven to 350°F.
- Place chicken in ungreased 11x7-inch (2-quart) glass baking dish. Top with onion slices.
- Sprinkle with salt, paprika and pepper. In small bowl, mix orange juice, honey, lemon juice, ginger and nutmeg; pour over chicken.
- Sprinkle olives over top. Cover with foil.
- Bake 45 to 60 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- Arrange chicken, onions and olives on platter.
- Pour pan juices into 1-quart saucepan.

- Heat to boiling. In small bowl, mix water and cornstarch; stir into juices.
- Heat to boiling, stirring constantly. Cook and stir 1 to 2 minutes or until slightly thickened.
- Garnish chicken with orange slices; serve with orange sauce.

Nutrition Facts



Properties

Glycemic Index:48.46, Glycemic Load:9.14, Inflammation Score:-6, Nutrition Score:11.655652170596%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 373.42kcal (18.67%), Fat: 22.87g (35.18%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.04g (7.29%), Sugar: 17.09g (18.99%), Cholesterol: 81.65mg (27.22%), Sodium: 642.26mg (27.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.42%), Vitamin B3: 7.72mg (38.59%), Vitamin C: 28.38mg (34.39%), Selenium: 16.27µg (23.24%), Vitamin B6: 0.46mg (23.03%), Phosphorus: 181.09mg (18.11%), Vitamin B5: 1.15mg (11.49%), Potassium: 374.14mg (10.69%), Zinc: 1.57mg (10.49%), Vitamin K: 10.65µg (10.15%), Vitamin B2: 0.17mg (9.72%), Vitamin A: 450.11IU (9%), Vitamin B1: 0.13mg (8.43%), Vitamin E: 1.26mg (8.39%), Magnesium: 33.27mg (8.32%), Manganese: 0.16mg (7.81%), Iron: 1.38mg (7.65%), Folate: 28.47µg (7.12%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.54%), Fiber: 1.35g (5.4%), Calcium: 34.51mg (3.45%), Vitamin D: 0.22µg (1.45%)