



Joan Nathan's Honey Orange Chicken

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chicken pieces (I used 6 lbs chicken pieces)
- ☐ 2 eggs
- ☐ 2 tbsp ground ginger freshly grated to taste
- ☐ 0.3 cup honey
- ☐ 1 cup panko bread crumbs (I used)
- ☐ 1 cup orange juice
- ☐ 0.1 tsp pepper
- ☐ 1 tsp salt

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water hot

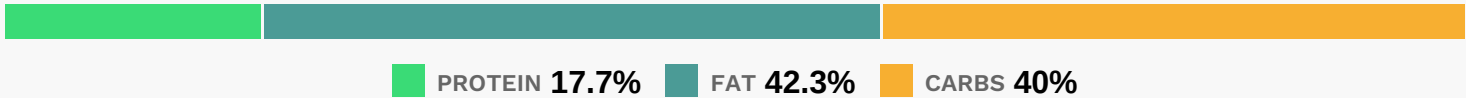
Equipment

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Joan Nathan's Honey Orange Chicken
- ☐ Ingredients2 eggs2 tsp water1 cup breadcrumbs or matzo meal (I used 1 1/2 cups panko breadcrumbs)1 tsp salt1/8 tsp pepper2 fryer chickens, 3 lbs each, cut up (I used 6 lbs chicken pieces)1/2 cup vegetable oil1 cup hot water1 cup orange juice1/4 cup honey2 tbsp freshly grated ginger, or 3/4 tsp ground ginger, or to taste
- ☐ Fresh orange wedges for garnish (optional)You will also needA large roasting pan or casserole, foil
- ☐ Total Time: 1 – 1 Hour 15 Minutes
- ☐ Servings: 6–8
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:8.27, Inflammation Score:-4, Nutrition Score:9.5399999825851%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 242.89kcal (12.14%), Fat: 11.52g (17.72%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.69g (8.62%), Sugar: 15.8g (17.56%), Cholesterol: 83.46mg (27.82%), Sodium: 512.01mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Manganese: 0.7mg (35.2%), Vitamin C: 21.37mg (25.9%), Selenium: 13.7µg (19.57%), Vitamin B3: 3.64mg (18.22%), Phosphorus: 112.75mg (11.28%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.17mg (10.26%), Vitamin B6: 0.2mg (10.14%), Iron: 1.58mg (8.78%), Folate: 32.82µg (8.21%), Vitamin K: 8.09µg (7.7%), Vitamin B5: 0.73mg (7.28%), Potassium: 226.19mg (6.46%), Zinc: 0.96mg (6.4%), Magnesium: 22.78mg (5.7%), Vitamin B12: 0.28µg (4.75%), Copper: 0.09mg (4.67%), Vitamin A: 216.56IU (4.33%), Calcium: 39.73mg (3.97%), Vitamin E: 0.59mg (3.95%), Fiber: 0.82g (3.26%), Vitamin D: 0.37µg (2.47%)