



 **30%**
HEALTH SCORE

Mandarin Chicken

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice long grain uncooked
- 1 pound chicken breast halves boneless skinless
- 0.5 cup mushrooms fresh sliced
- 2 cups orange juice
- 1 cup chicken broth
- 0.5 teaspoon salt
- 1 serving bell pepper to taste
- 15 ounces mandarin oranges drained canned

1 serving parsley fresh minced

Equipment

oven

baking pan

Directions

Spread rice in a greased shallow 3-qt. baking dish. Top with chicken and mushrooms.

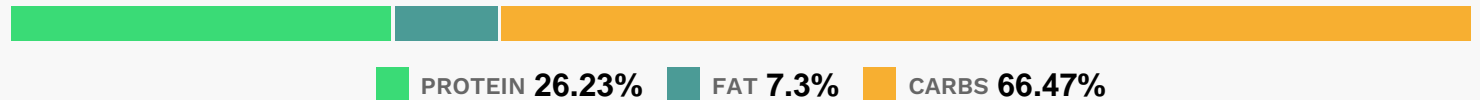
Pour orange juice and broth over all.

Sprinkle with salt and pepper.

Cover and bake at 350° for 45-50 minutes or until chicken juices run clear and rice is tender.

Garnish with oranges, paprika and parsley if desired.

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:40.29, Inflammation Score:-9, Nutrition Score:28.060434919337%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 490.06kcal (24.5%), Fat: 3.91g (6.02%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 80.2g (26.73%), Net Carbohydrates: 77.23g (28.08%), Sugar: 20.55g (22.83%), Cholesterol: 73.75mg (24.58%), Sodium: 652.12mg (28.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.29%), Vitamin C: 124.82mg (151.3%), Vitamin B3: 14.66mg (73.32%), Selenium: 48.68µg (69.55%), Vitamin B6: 1.13mg (56.3%), Vitamin A: 2345.38IU (46.91%), Manganese: 0.85mg (42.25%), Phosphorus: 368.78mg (36.88%), Potassium: 985.57mg (28.16%), Vitamin B5: 2.8mg (28.03%), Vitamin B1: 0.36mg (23.95%), Magnesium: 76.57mg (19.14%), Vitamin B2: 0.32mg (18.66%),

Vitamin K: 17.73µg (16.89%), Copper: 0.33mg (16.66%), Folate: 64.73µg (16.18%), Zinc: 2.2mg (14.67%), Fiber: 2.97g (11.88%), Iron: 1.76mg (9.75%), Calcium: 57.07mg (5.71%), Vitamin E: 0.83mg (5.52%), Vitamin B12: 0.24µg (4.06%)