



Mandarin Chicken Skillet

READY IN



35 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets fresh
- ☐ 1 tablespoon butter
- ☐ 2 cubes chicken bouillon
- ☐ 2 pounds rotisserie chicken breast meat boneless skinless cubed
- ☐ 3 teaspoons flour all-purpose
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 0.3 cup green onion sliced
- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 0.3 cup orange juice concentrate undiluted thawed

☐ 0.7 cup water

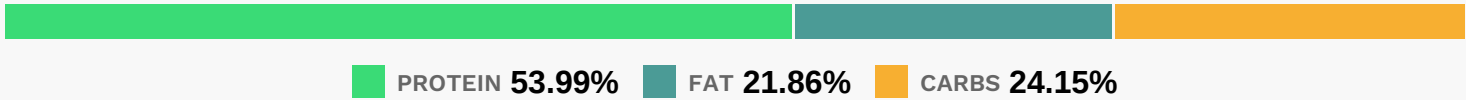
Equipment

☐ frying pan

Directions

- ☐ Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.
- ☐ Drain, cool and set aside.
- ☐ Heat butter in a large skillet over medium high heat.
- ☐ Saute chicken in butter until browned.
- ☐ Remove from skillet and set aside.
- ☐ Saute mushrooms in skillet for 1 minute; remove from skillet and set aside. Stir in flour, water, orange juice concentrate and seasoning.
- ☐ Heat to boiling, stirring. Simmer, stirring, for 4 minutes. Return chicken and mushrooms to skillet; stir in orange segments, green onion and broccoli.
- ☐ Heat through and serve.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:5.24, Inflammation Score:-8, Nutrition Score:32.421304174092%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 383.12kcal (19.16%), Fat: 9.25g (14.23%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 20.2g (7.34%), Sugar: 16.55g (18.38%), Cholesterol: 152.67mg (50.89%), Sodium: 303.12mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.4g (102.81%), Vitamin B3: 25.77mg (128.87%), Selenium: 77.25µg (110.35%), Vitamin C: 80.08mg (97.06%), Vitamin B6: 1.9mg (95.14%), Phosphorus: 557.06mg (55.71%), Vitamin B5: 4.22mg (42.17%), Potassium: 1323.52mg (37.81%), Vitamin K: 36.94µg (35.18%), Vitamin B2: 0.48mg (28.31%), Magnesium: 86.68mg (21.67%), Vitamin B1: 0.32mg (21.08%), Vitamin A: 980.16IU (19.6%), Folate: 67.08µg (16.77%), Copper: 0.25mg (12.36%), Zinc: 1.73mg (11.54%), Fiber: 2.79g (11.18%), Iron: 1.54mg (8.57%), Manganese: 0.16mg (8.04%), Vitamin B12: 0.47µg (7.9%), Vitamin E: 1.03mg (6.84%), Calcium: 67.73mg (6.77%), Vitamin D: 0.3µg (1.99%)