



## Mandarin Chicken Skillet

READY IN



35 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup broccoli florets fresh
- 1 tablespoon butter
- 2 cubes chicken bouillon
- 2 pounds chicken breast boneless skinless cubed
- 3 teaspoons flour all-purpose
- 1.5 cups mushrooms fresh sliced
- 1.5 cups mushrooms fresh sliced
- 0.3 cup spring 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.

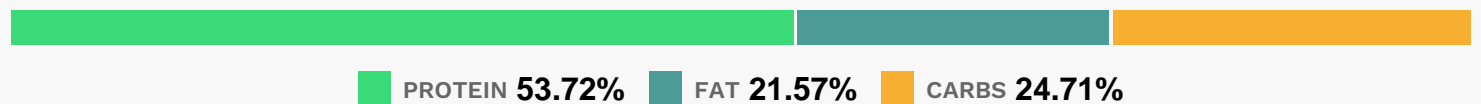
Remove from skillet and set aside.

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:73.75, Glycemic Load:5.5, Inflammation Score:-8, Nutrition Score:34.093478275382%

## 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: 391.04kcal (19.55%), Fat: 9.37g (14.42%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 21.01g (7.64%), Sugar: 17.26g (19.18%), Cholesterol: 152.67mg (50.89%), Sodium: 304.92mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.52g (105.03%), Vitamin B3: 27.07mg (135.37%), Selenium: 80.6µg (115.14%), Vitamin C: 80.83mg (97.98%), Vitamin B6: 1.94mg (97.02%), Phosphorus: 588.02mg (58.8%), Vitamin B5: 4.76mg (47.56%), Potassium: 1438mg (41.09%), Vitamin B2: 0.63mg (36.82%), Vitamin K: 36.94µg (35.18%), Vitamin B1: 0.35mg (23.02%), Magnesium: 89.92mg (22.48%), Vitamin A: 980.16IU (19.6%), Folate: 73.2µg (18.3%), Copper: 0.36mg (18.09%), Zinc: 1.92mg (12.78%), Fiber: 3.15g (12.62%), Iron: 1.72mg (9.57%), Manganese: 0.18mg (8.88%), Vitamin B12: 0.49µg (8.14%), Calcium: 68.81mg (6.88%), Vitamin E: 1.03mg (6.87%), Vitamin D: 0.37µg (2.47%)