



Orange and Ginger Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground mustard dry
- 4 servings flour
- 1 tablespoon olive oil
- 4 chicken breast halves boneless with skin
- 0.8 cup spring onion thinly sliced
- 2 tablespoons butter ()
- 2 teaspoons orange zest grated
- 4 teaspoons ginger fresh minced peeled
- 2 tablespoons brown sugar

2 cups orange juice

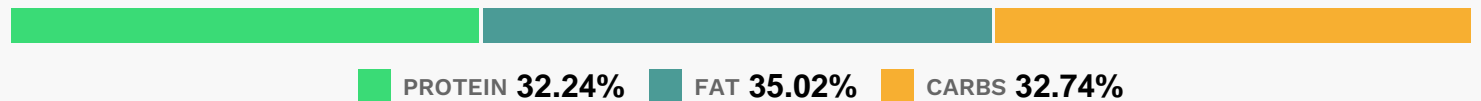
Equipment

frying pan

Directions

- Sprinkle chicken with salt and pepper; dust with flour. Melt butter with oil in large skillet over medium-high heat.
- Add chicken; sauté until brown, about 3 minutes per side.
- Transfer chicken to plate.
- Add ginger to skillet; stir 1 minute.
- Add brown sugar and mustard and stir to blend into drippings.
- Add orange juice and orange peel. Simmer until sauce is slightly reduced, stirring occasionally, about 8 minutes. Return chicken and any accumulated juices to skillet. Simmer 3 minutes. Turn chicken over and add green onions. Simmer until chicken is cooked through and sauce is thick enough to coat spoon, about 3 minutes longer. Season sauce with salt and pepper.
- Transfer chicken and sauce to platter.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:11.05, Inflammation Score:-7, Nutrition Score:20.846956460372%

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 Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 326.96kcal (16.35%), Fat: 12.66g (19.48%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 25.49g (9.27%), Sugar: 16.77g (18.63%), Cholesterol: 87.37mg (29.12%), Sodium: 182.59mg

(7.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.45%), Vitamin C: 68.38mg (82.88%), Vitamin B3: 12.88mg (64.4%), Selenium: 40.15µg (57.35%), Vitamin B6: 0.92mg (46.02%), Vitamin K: 41.81µg (39.82%), Phosphorus: 280.37mg (28.04%), Potassium: 749.68mg (21.42%), Vitamin B5: 1.92mg (19.21%), Vitamin B1: 0.26mg (17.28%), Folate: 69.04µg (17.26%), Magnesium: 52.03mg (13.01%), Vitamin A: 648.12IU (12.96%), Vitamin B2: 0.21mg (12.21%), Iron: 1.42mg (7.9%), Vitamin E: 1.07mg (7.14%), Manganese: 0.14mg (6.81%), Copper: 0.12mg (6.15%), Zinc: 0.89mg (5.94%), Fiber: 1.14g (4.58%), Calcium: 43.87mg (4.39%), Vitamin B12: 0.24µg (3.96%)