



Orange and Ginger Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 1 eggs
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.5 teaspoons orange zest grated
- ☐ 1.3 lb chicken breast boneless skinless cut in half
- ☐ 0.3 cup vegetable oil

- ☐ 3 tablespoons orange marmalade
- ☐ 0.3 cup almonds sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 medium cranberry-orange relish cut into 8 slices
- ☐ 1 cup frangelico

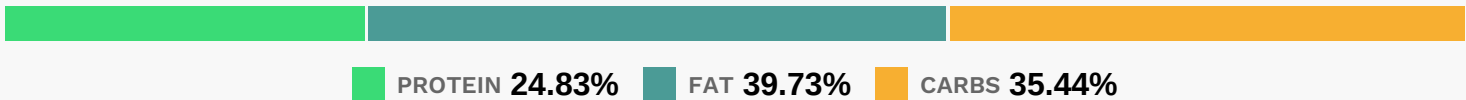
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 2-quart saucepan, heat rice and broth to boiling; reduce heat. Cover; simmer 20 minutes.
- ☐ Meanwhile, in small bowl, beat egg and milk with fork or wire whisk. In shallow dish, mix Bisquick mix, ginger and orange peel. Dip chicken into egg mixture, then coat with Bisquick mixture.
- ☐ In 12-inch skillet, heat oil over medium heat.
- ☐ Add chicken; cook 8 to 10 minutes, turning once, until browned on outside and juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ When rice is cooked, fluff with fork and stir in orange marmalade.
- ☐ Place rice on serving platter; arrange chicken on rice.
- ☐ Sprinkle with almonds and parsley.
- ☐ Garnish with orange slices.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:23.76, Inflammation Score:-6, Nutrition Score:25.206956510958%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.04mg, Naringenin: 5.04mg, Naringenin: 5.04mg, Naringenin: 5.04mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 605.79kcal (30.29%), Fat: 26.6g (40.93%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 51.05g (18.56%), Sugar: 13.29g (14.77%), Cholesterol: 134.89mg (44.96%), Sodium: 630.24mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.82%), Selenium: 56.97µg (81.39%), Vitamin B3: 16.15mg (80.75%), Vitamin B6: 1.2mg (59.75%), Vitamin K: 50.2µg (47.81%), Phosphorus: 418.91mg (41.89%), Manganese: 0.81mg (40.47%), Vitamin B5: 2.82mg (28.16%), Vitamin C: 22.2mg (26.9%), Vitamin E: 3.52mg (23.48%), Vitamin B2: 0.38mg (22.28%), Potassium: 742.64mg (21.22%), Magnesium: 72.11mg (18.03%), Vitamin B1: 0.2mg (13.28%), Copper: 0.26mg (12.82%), Zinc: 1.81mg (12.07%), Fiber: 2.36g (9.44%), Iron: 1.56mg (8.66%), Calcium: 77.26mg (7.73%), Folate: 30.02µg (7.51%), Vitamin B12: 0.45µg (7.42%), Vitamin A: 286.93IU (5.74%), Vitamin D: 0.44µg (2.96%)