



Orange Baked Chicken

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

READY IN



105 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound carrots
- 2 stalks celery chopped
- 0.3 cup chicken broth
- 2 small onions quartered
- 1 cranberry-orange relish sliced into rounds
- 2 pounds potatoes
- 4 servings salt and pepper to taste
- 4 pound meat from a rotisserie chicken whole

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Slide orange slices under chicken skin (skin will pull up easily).
- Place chicken in a 9x13 inch baking dish skin-side-up. Then place potatoes, carrots, onions and celery around the chicken and pour broth over all. Season with salt and pepper to taste.
- Bake for 1 hour at 350 degrees F (175 degrees C). (Note: If water decreases as it is cooking, add as needed; this will be your gravy.)

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:34.72, Inflammation Score:-10, Nutrition Score:37.632608849069%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 722.6kcal (36.13%), Fat: 33.42g (51.41%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 58.3g (19.43%), Net Carbohydrates: 48.43g (17.61%), Sugar: 12.04g (13.38%), Cholesterol: 163.68mg (54.56%), Sodium: 528.1mg (22.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.09g (94.18%), Vitamin A: 19418.21IU (388.36%), Vitamin B3: 18.55mg (92.76%), Vitamin C: 75.49mg (91.5%), Vitamin B6: 1.66mg (83.2%), Potassium: 1895.13mg (54.15%), Phosphorus: 509.34mg (50.93%), Selenium: 32.64µg (46.63%), Fiber: 9.87g (39.46%), Manganese: 0.63mg (31.7%), Vitamin B5: 3.14mg (31.38%), Magnesium: 118.49mg (29.62%), Vitamin B1: 0.44mg (29.32%), Vitamin K: 28.54µg (27.18%), Vitamin B2: 0.45mg (26.18%), Zinc: 3.9mg (26.03%), Folate: 94.57µg (23.64%), Iron:

4.23mg (23.5%), Copper: 0.44mg (21.95%), Calcium: 118.64mg (11.86%), Vitamin B12: 0.68µg (11.31%), Vitamin E: 1.55mg (10.35%), Vitamin D: 0.44µg (2.9%)