



WHATSheATE



Orange Chicken Crock Pot



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 1 cup onion medium to large chopped (, 1)

- ☐ 6 ounces orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 tablespoon worcestershire sauce

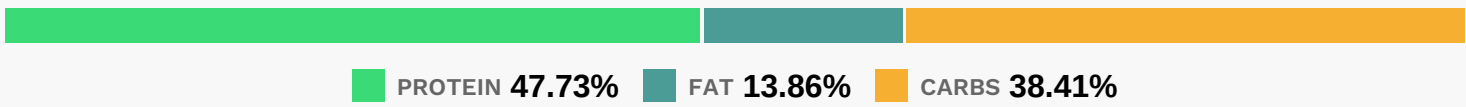
Equipment

- ☐ slow cooker

Directions

- ☐ Combine salt, cayenne pepper, chili powder and paprika.2
- ☐ Sprinkle over chicken.3 Set aside.4
- ☐ Place onion, celery, bell peppers and garlic in bottom of slow cooker.5
- ☐ Place chicken on top.6
- ☐ Mix orange juice, peel, honey, Worcestershire sauce and ginger.7
- ☐ Pour over chicken.8 Cook for 6 to 8 hours on low.

Nutrition Facts



Properties

Glycemic Index:68.07, Glycemic Load:8.05, Inflammation Score:-8, Nutrition Score:17.923912970916%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 211.52kcal (10.58%), Fat: 3.26g (5.01%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 18.58g (6.76%), Sugar: 15.36g (17.06%), Cholesterol: 72.32mg (24.11%), Sodium: 494.99mg (21.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.51%), Vitamin C: 51.76mg (62.74%), Vitamin B3: 12.38mg (61.91%), Selenium: 37.02µg (52.89%), Vitamin B6: 1.02mg (50.76%), Phosphorus: 272.06mg (27.21%), Vitamin A: 1066.54IU (21.33%), Potassium: 699.18mg (19.98%), Vitamin B5: 1.86mg (18.59%), Manganese: 0.24mg (11.95%), Magnesium: 44.67mg (11.17%), Vitamin B2: 0.18mg (10.55%), Vitamin B1: 0.15mg (10.04%), Folate: 39.22µg (9.81%), Fiber: 1.74g (6.96%), Iron: 1.16mg (6.44%), Zinc: 0.9mg (5.97%), Vitamin K: 5.78µg (5.5%), Vitamin E: 0.82mg (5.44%), Copper: 0.1mg (4.81%), Vitamin B12: 0.23µg (3.77%), Calcium: 36.81mg (3.68%)