



Orange-Coated Chicken

READY IN



65 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 3.5 pounds chicken
- 2 eggs
- 2 tablespoons parsley fresh minced
- 1 slices cranberry-orange relish
- 0.3 cup orange juice
- 1 teaspoon orange zest grated
- 1 teaspoon paprika
- 1 teaspoon salt

1 cup seasoned bread crumbs

Equipment

bowl

oven

baking pan

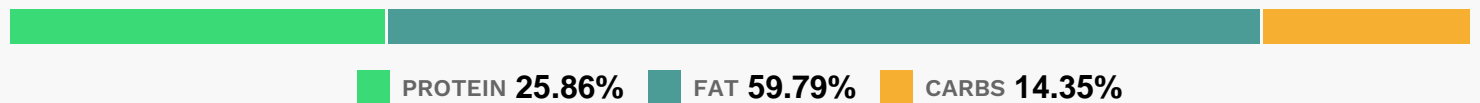
Directions

In a shallow bowl, beat eggs and orange juice. In another bowl, mix bread crumbs, paprika, salt and orange peel. Dip chicken pieces in egg mixture, then in crumb mixture.

Place, skin side down, in a greased 13-in. x 9-in. baking dish; drizzle with butter.

Bake, uncovered, at 400° for 30 minutes. Turn chicken; bake at 350° for 20 minutes. Top with orange slices and sprinkle with parsley. Return to the oven for 5–10 minutes or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:24.175217587015%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 671.24kcal (33.56%), Fat: 44.06g (67.78%), Saturated Fat: 16.63g (103.93%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 21.91g (7.97%), Sugar: 3.94g (4.38%), Cholesterol: 255.52mg (85.17%), Sodium: 1239.67mg (53.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.88g (85.76%), Vitamin B3: 15mg (75%), Selenium: 41.82µg (59.74%), Vitamin K: 50.94µg (48.51%), Vitamin B6: 0.78mg (38.98%), Phosphorus: 386.95mg (38.7%), Vitamin B1: 0.44mg (29.18%), Vitamin B2: 0.47mg (27.92%), Vitamin A: 1264.02IU (25.28%), Vitamin C:

19.4mg (23.51%), Vitamin B5: 2.34mg (23.44%), Zinc: 3.28mg (21.87%), Iron: 3.86mg (21.45%), Manganese: 0.35mg (17.7%), Folate: 68.58µg (17.15%), Potassium: 534.45mg (15.27%), Vitamin B12: 0.92µg (15.26%), Magnesium: 59.46mg (14.87%), Calcium: 100.02mg (10%), Copper: 0.2mg (9.93%), Vitamin E: 1.39mg (9.24%), Fiber: 1.89g (7.56%), Vitamin D: 0.82µg (5.47%)