



Orange-Ginger Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili oil
- 1 teaspoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 2 garlic cloves minced
- 3 tablespoons soya sauce low-sodium
- 0.5 cup orange marmalade
- 16 ounce skinned
- 1 tablespoon water

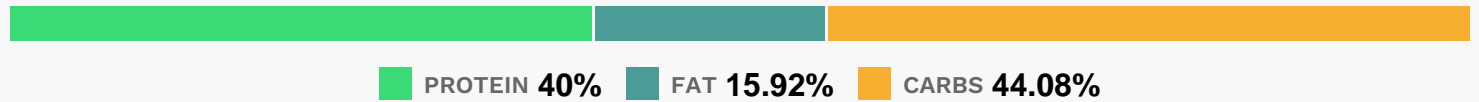
Equipment

frying pan

Directions

- Heat oils in a nonstick skillet over medium heat.
- Add chicken; cook 6 minutes on each side or until chicken is done.
- Add marmalade and remaining ingredients; cook 2 minutes or until thick and bubbly.
- Remove from heat.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:12.124782699606%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 251.41kcal (12.57%), Fat: 4.49g (6.91%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 27.57g (10.02%), Sugar: 24.1g (26.78%), Cholesterol: 72.57mg (24.19%), Sodium: 586.62mg (25.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Vitamin B3: 12.01mg (60.04%), Selenium: 36.81µg (52.59%), Vitamin B6: 0.9mg (44.88%), Phosphorus: 262.55mg (26.25%), Vitamin B5: 1.67mg (16.73%), Potassium: 489.9mg (14%), Magnesium: 39.73mg (9.93%), Vitamin B2: 0.15mg (9.08%), Vitamin B1: 0.08mg (5.52%), Zinc: 0.79mg (5.28%), Manganese: 0.1mg (5.25%), Vitamin C: 3.84mg (4.65%), Copper: 0.08mg (4.08%), Iron: 0.68mg (3.78%), Vitamin B12: 0.23µg (3.78%), Folate: 13.65µg (3.41%), Calcium: 27.58mg (2.76%), Vitamin E: 0.38mg (2.54%), Fiber: 0.43g (1.72%), Vitamin A: 58.95IU (1.18%)