



Orange & Ginger Chicken

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 1 cup flour all-purpose
- 0.5 teaspoon ginger fresh minced
- 0.5 teaspoon garlic minced
- 2 tablespoons spring onion chopped
- 0.3 cup juice of lemon
- 3 tablespoons olive oil

- 1 cranberry-orange relish
- 0.3 teaspoon pepper
- 0.3 teaspoon pepper red
- 1 cup rice vinegar
- 0.5 teaspoon salt
- 2 chicken breast boneless skinless cut into ½ pieces
- 2.5 tablespoons soya sauce
- 2 tablespoons water

Equipment

- frying pan
- paper towels
- sauce pan
- aluminum foil
- ziploc bags

Directions

- Pour 1 1/2 cups water, orange juice (about 1/4 cup from the fresh orange), lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the tablespoon orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil.
- Remove from heat, and cool 10 to 15 minutes.
- Place the chicken pieces into a resealable plastic bag. When contents of saucepan have cooled, pour 1 cup of sauce into bag. Reserve the remaining sauce. Seal the bag, and refrigerate at least 2 hours. In another resealable plastic bag, mix the flour, salt, and pepper.
- Add the marinated chicken pieces, seal the bag, and shake to coat.
- Heat the olive oil in a large skillet over medium heat.
- Place chicken into the skillet, and brown on both sides.
- Drain on a plate lined with paper towels, and cover with aluminum foil. Wipe out the skillet, and add the sauce. Bring to a boil over medium-high heat.

Mix together the cornstarch and 2 tablespoons water; stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.

Nutrition Facts



PROTEIN 9.31% FAT 15.25% CARBS 75.44%

Properties

Glycemic Index:72.88, Glycemic Load:18.76, Inflammation Score:-5, Nutrition Score:15.380869565217%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg Naringenin: 5.23mg, Naringenin: 5.23mg, Naringenin: 5.23mg, Naringenin: 5.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Taste

Sweetness: 100%, Saltiness: 28.49%, Sourness: 22.43%, Bitterness: 17.02%, Savoriness: 20.13%, Fattiness: 24.41%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 728.34kcal (36.42%), Fat: 12.39g (19.06%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 137.86g (45.95%), Net Carbohydrates: 135.93g (49.43%), Sugar: 110.54g (122.82%), Cholesterol: 36.16mg (12.05%), Sodium: 1020.74mg (44.38%), Protein: 17.01g (34.02%), Selenium: 30.69µg (43.84%), Vitamin B3: 8.45mg (42.23%), Vitamin C: 24.7mg (29.94%), Vitamin B6: 0.54mg (27.05%), Vitamin B1: 0.32mg (21.54%), Manganese: 0.42mg (21.18%), Folate: 77.46µg (19.37%), Phosphorus: 182.12mg (18.21%), Iron: 2.92mg (16.22%), Vitamin B2: 0.25mg (14.57%), Potassium: 503.98mg (14.4%), Vitamin K: 13.08µg (12.46%), Vitamin B5: 1.24mg (12.39%), Calcium: 123.26mg (12.33%), Vitamin E: 1.79mg (11.91%), Magnesium: 42.08mg (10.52%), Copper: 0.16mg (7.83%), Fiber: 1.93g (7.73%), Zinc: 0.69mg (4.6%), Vitamin A: 159.24IU (3.18%), Vitamin B12: 0.11µg (1.88%)