



Orange-Ginger Skillet Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken breast tenders
- ☐ 8 cups rotini cooked uncooked (1 pound corkscrew pasta)
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground coriander seeds
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 cup orange sections chopped

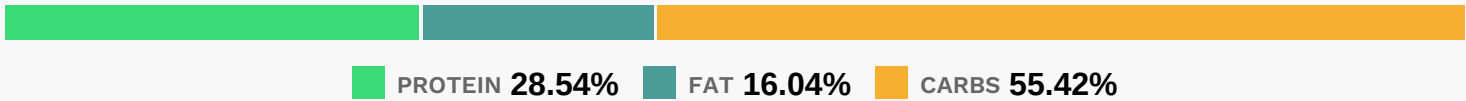
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ At home, combine first 9 ingredients in a large heavy-duty zip-top plastic bag, and seal.
- ☐ Place chicken and cooked pasta in separate large heavy-duty zip-top plastic bags; seal.
- ☐ At campsite, add chicken to marinade; seal bag. Marinate in cooler 3 hours.
- ☐ Heat a large cast-iron skillet over hot coals (or over medium-high heat if at home).
- ☐ Add the chicken mixture, and cook 15 minutes.
- ☐ Add pasta, and simmer 5 minutes or until the chicken is done and the pasta is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:27.89, Inflammation Score:-6, Nutrition Score:22.836521594421%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 11.73mg, Hesperetin: 11.73mg, Hesperetin: 11.73mg, Hesperetin: 11.73mg Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 511.93kcal (25.6%), Fat: 9.01g (13.86%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 70.03g (23.34%), Net Carbohydrates: 66.34g (24.12%), Sugar: 9.9g (11%), Cholesterol: 72.57mg (24.19%), Sodium: 520.23mg (22.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Selenium: 87.22µg (124.61%), Vitamin B3: 13.52mg (67.6%), Vitamin B6: 1.01mg (50.71%), Phosphorus: 418.56mg (41.86%), Manganese: 0.82mg (41.21%), Vitamin C: 31.46mg (38.13%), Magnesium: 87.23mg (21.81%), Potassium: 759.09mg (21.69%), Vitamin B5: 2.13mg (21.26%), Copper: 0.3mg (15.01%), Fiber: 3.69g (14.75%), Vitamin B1: 0.2mg (13.24%), Zinc: 1.95mg (12.98%), Vitamin B2: 0.21mg (12.48%), Vitamin K: 11.76µg (11.2%), Folate: 43.12µg (10.78%), Iron: 1.84mg (10.23%), Vitamin E: 1.12mg (7.45%), Calcium: 46.11mg (4.61%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 184.84IU (3.7%)