



Orange-Glazed Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



35

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups baby spinach leaves
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 navel oranges thinly sliced
- 0.3 cup orange marmalade divided
- 1.3 lb chicken breasts boneless skinless
- 1 env. shake 'n bake chicken coating mix

Equipment

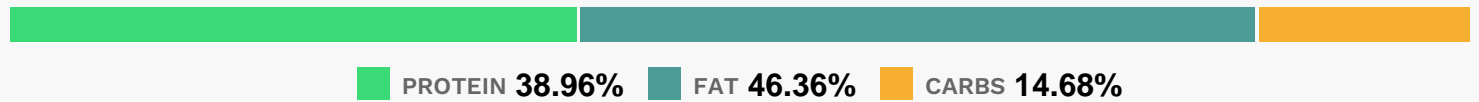
- oven

baking pan

Directions

- Heat oven to 400F.
- Spread chicken with 2 Tbsp. marmalade. Empty coating mix into shallow dish.
- Add chicken; turn to evenly coat both sides of each breast.
- Place in 13x9-inch baking dish.
- Bake 25 min. or until chicken is done (165F).
- Mix dressing and remaining marmalade.
- Add to spinach; toss to coat.
- Place on 4 serving plates. Top spinach on each plate with 1 sliced chicken breast and 1/4 of the oranges.

Nutrition Facts



Properties

Glycemic Index:0.91, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:5.5147825958936%

Flavonoids

Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 80.02kcal (4%), Fat: 4.08g (6.28%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.6g (0.95%), Sugar: 2.25g (2.5%), Cholesterol: 26.69mg (8.9%), Sodium: 56.12mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin K: 26.14µg (24.89%), Vitamin B3: 3.24mg (16.22%), Selenium: 8.42µg (12.02%), Vitamin A: 539.36IU (10.79%), Vitamin B6: 0.22mg (10.77%), Vitamin C: 6.83mg (8.28%), Phosphorus: 70.72mg (7.07%), Vitamin B5: 0.45mg (4.53%), Potassium: 145.31mg (4.15%), Folate: 14.86µg (3.71%), Magnesium: 13.64mg (3.41%), Vitamin B2: 0.06mg (3.33%), Manganese: 0.06mg (2.8%), Zinc: 0.41mg (2.77%), Iron: 0.41mg (2.3%), Vitamin B1: 0.03mg (2.22%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.1µg (1.66%), Copper: 0.03mg (1.35%), Calcium: 12.82mg (1.28%), Fiber: 0.31g (1.22%)