



Orange-Glazed Chicken with Pears



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 chicken-breast halves boneless skinless halved ()
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 teaspoon ground ginger
- ☐ 1 onion cut into thin wedges
- ☐ 1 orange zest grated
- ☐ 1 pears cut into 1/4-inch slices
- ☐ 2 tablespoons soya sauce

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons vinegar white

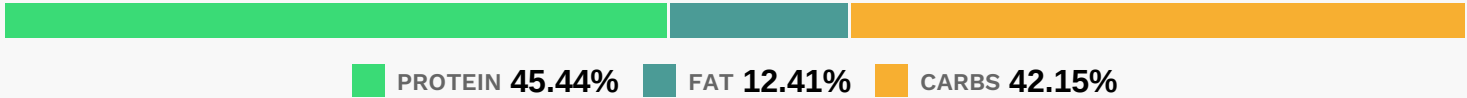
Equipment

- ☐ frying pan

Directions

- ☐ Heat the soy sauce, vinegar, sugar, and ginger in a large nonstick skillet over medium heat until the sugar melts, about 3 minutes. Season the meat or fish with the salt and pepper and add to the skillet. Braise the meat or fish (3 minutes each side), then add the onion, pear, wine, and orange zest and juice. Cover, reduce heat to low, and cook 20 minutes for the chicken, 15 minutes for the pork, or 5 minutes for the salmon.
- ☐ Transfer the meat or fish to 4 plates (slice the pork). Simmer the sauce to thicken, and season with salt and pepper. Top the meat or fish with the pear, onion, and sauce.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:11.38, Inflammation Score:-4, Nutrition Score:13.656956475714%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 231.14kcal (11.56%), Fat: 3.1g (4.76%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 21.32g (7.75%), Sugar: 18.23g (20.25%), Cholesterol: 72.32mg (24.11%), Sodium: 636.27mg (27.66%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 25.5g (51.01%), Vitamin B3: 12.33mg (61.65%), Selenium: 36.85µg (52.64%), Vitamin B6: 0.92mg (46.14%), Phosphorus: 265.61mg (26.56%), Vitamin B5: 1.72mg (17.22%), Potassium: 548.97mg (15.68%), Manganese: 0.31mg (15.58%), Vitamin C: 9.39mg (11.38%), Magnesium: 41.58mg (10.39%), Fiber: 2.33g (9.33%), Vitamin B2: 0.15mg (8.99%), Vitamin B1: 0.1mg (6.66%), Zinc: 0.82mg (5.49%), Iron: 0.93mg (5.18%), Copper: 0.1mg (4.9%), Folate: 15.54µg (3.88%), Vitamin B12: 0.23µg (3.77%), Calcium: 24.9mg (2.49%), Vitamin K: 2.49µg (2.37%), Vitamin E: 0.28mg (1.88%), Vitamin A: 58.87IU (1.18%)