



Orange-Glazed Roasted Chicken with Wild Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 rib celery chopped
- 1 fennel bulb chopped
- 2 garlic cloves minced
- 0.3 teaspoon ground marjoram
- 2 tablespoons honey
- 1 medium onion chopped
- 12 ounce orange juice concentrate canned

- 0.8 teaspoon pepper divided
- 12 ounce rice mix long-grain wild
- 2 teaspoons rubbed sage divided
- 0.8 teaspoon salt divided
- 1 large shallots minced
- 0.5 cup cranberries dried sweetened chopped
- 1.5 cups water
- 5.5 pound meat from a rotisserie chicken whole

Equipment

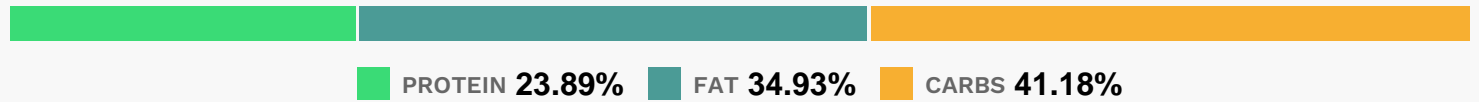
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Saut shallot in skillet coated with cooking spray over medium-high heat 3 minutes or until tender.
- Add juice concentrate, 1 1/2 cups water, honey, 1/2 teaspoon salt, marjoram, 1 teaspoon sage, and 1/2 teaspoon pepper, whisking until blended.
- Place chicken, breast side up, on a rack in an aluminum foil-lined roasting pan coated with cooking spray.
- Sprinkle with remaining 1/4 teaspoon salt; drizzle with juice mixture.
- Bake at 350 for 2 hours and 15 minutes or until a meat thermometer inserted into chicken thigh registers 180, basting every 30 minutes. Shield after 30 minutes, if necessary.
- Cook rice according to package directions, omitting fat.
- Cook onion, celery, and fennel in a large nonstick skillet coated with cooking spray over medium-high heat 5 to 7 minutes.

- Add garlic, and saut 2 minutes.
- Stir together onion mixture, rice, cranberries, remaining 1 teaspoon sage, and remaining 1/4 teaspoon pepper. Cover and keep warm.
- Serve with chicken and extra sauce.
- *Reduce sodium by 218 milligrams per serving by omitting salt.

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:19.67, Inflammation Score:-8, Nutrition Score:25.89608729404%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 594.39kcal (29.72%), Fat: 23.28g (35.82%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 56.96g (20.71%), Sugar: 25.49g (28.33%), Cholesterol: 112.26mg (37.42%), Sodium: 348.06mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Vitamin C: 69.13mg (83.79%), Vitamin B3: 13.77mg (68.87%), Phosphorus: 452.95mg (45.29%), Vitamin B6: 0.86mg (42.83%), Manganese: 0.76mg (37.96%), Selenium: 23.43µg (33.47%), Magnesium: 128.6mg (32.15%), Zinc: 4.69mg (31.3%), Potassium: 896.52mg (25.61%), Folate: 94.02µg (23.51%), Vitamin B2: 0.38mg (22.63%), Vitamin K: 23.09µg (21.99%), Vitamin B5: 2.18mg (21.79%), Fiber: 4.79g (19.17%), Copper: 0.37mg (18.31%), Vitamin B1: 0.27mg (17.98%), Iron: 2.7mg (14.97%), Vitamin E: 1.39mg (9.27%), Vitamin A: 422.34IU (8.45%), Vitamin B12: 0.46µg (7.73%), Calcium: 65.43mg (6.54%), Vitamin D: 0.3µg (2%)