



Orange Honey Garlic Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons honey
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 3 tablespoons soya sauce
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

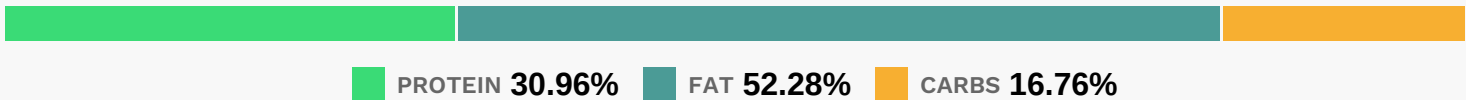
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine the soy sauce, honey, orange juice, garlic, oregano, pepper and paprika.
- ☐ Mix all together and pour over chicken pieces. Refrigerate for 2 to 4 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove chicken from refrigerator.
- ☐ Place chicken and marinade in a 9x13 inch baking dish and bake, uncovered, in preheated oven for 1 1/2 hours. Baste once.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:6.3130435321642%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 189.98kcal (9.5%), Fat: 11g (16.92%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.66g (2.78%), Sugar: 6.8g (7.56%), Cholesterol: 54.43mg (18.14%), Sodium: 554.27mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin B3: 5.37mg (26.87%), Selenium: 10.75µg (15.36%), Vitamin B6: 0.3mg (14.79%), Phosphorus: 122.85mg (12.29%), Vitamin C: 6.68mg (8.1%), Vitamin B5: 0.73mg (7.32%), Zinc: 1.03mg (6.9%), Vitamin B2: 0.11mg (6.51%), Iron: 1.04mg (5.77%), Potassium: 191.57mg (5.47%), Manganese: 0.1mg (5.2%), Magnesium: 20.53mg (5.13%), Vitamin A: 207.74IU (4.15%), Vitamin B1: 0.06mg (4.07%), Vitamin B12: 0.22µg (3.75%), Copper: 0.06mg (3.02%), Folate: 9.74µg (2.43%), Vitamin K: 2.42µg (2.31%), Vitamin E: 0.3mg (2.02%), Calcium: 16.56mg (1.66%), Fiber: 0.28g (1.11%)