



Orange Mango Chicken

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground thyme
- 1 juice of lemon juiced
- 1 mangos peeled seeded sliced
- 3 tablespoons olive oil
- 1 cup orange juice
- 4 servings salt and pepper black freshly ground to taste

4 chicken breast halves boneless skinless

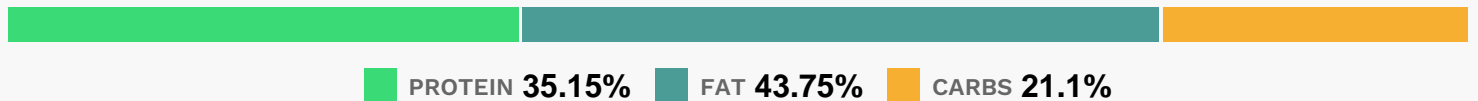
Equipment

frying pan

Directions

- Heat the olive oil in a medium skillet over medium heat.
- Place chicken breast halves in the skillet, and cook 5 to 10 minutes on each side, until no longer pink and juices run clear. Season both sides with thyme, salt, and pepper.
- Remove from heat, and set aside.
- Heat the lemon juice in the skillet over medium heat, and scrape up browned bits.
- Mix in orange juice, mango, ginger, and cinnamon. Over high heat, cook and continuously stir 4 to 5 minutes, until thickened. Spoon over the cooked chicken breast halves to serve.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:6.89, Inflammation Score:-7, Nutrition Score:17.426086830056%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 283.15kcal (14.16%), Fat: 13.78g (21.2%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.89g (5.05%), Sugar: 12.49g (13.88%), Cholesterol: 72.32mg (24.11%), Sodium: 132.58mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Vitamin C: 54.11mg (65.59%), Vitamin B3: 12.4mg

(62.01%), Selenium: 36.62µg (52.31%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 256.16mg (25.62%), Vitamin B5: 1.84mg (18.42%), Potassium: 640.37mg (18.3%), Vitamin E: 2.23mg (14.89%), Vitamin A: 720.24IU (14.4%), Folate: 47µg (11.75%), Magnesium: 42.37mg (10.59%), Vitamin B1: 0.14mg (9.65%), Vitamin K: 9.5µg (9.05%), Vitamin B2: 0.15mg (9%), Manganese: 0.13mg (6.34%), Copper: 0.12mg (5.94%), Zinc: 0.75mg (4.97%), Iron: 0.77mg (4.27%), Fiber: 1.06g (4.25%), Vitamin B12: 0.23µg (3.77%), Calcium: 20.52mg (2.05%)