



## Orange-Mango Chicken

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 2 Tbsp cilantro leaves fresh chopped
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 2 mangos peeled chopped
- 2 tsp oil
- 0.3 cup orange juice
- 2 Tbsp onions red finely chopped

- 1 lb chicken breasts boneless skinless
- 1 cup couscous whole wheat uncooked

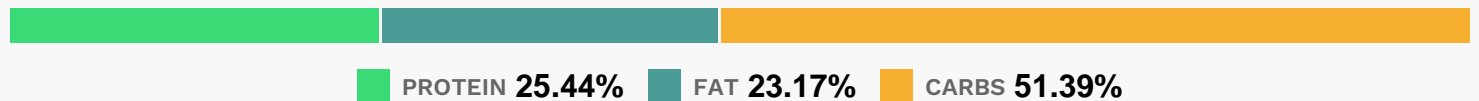
## Equipment

- frying pan

## Directions

- Mix spices; sprinkle over both sides of each breast.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F). Meanwhile, cook couscous as directed on package, omitting salt and oil.
- Combine remaining ingredients.
- Spoon couscous onto platter; top with chicken. Cover to keep warm.
- Add mango mixture to skillet; cook 1 min. or until heated through, stirring occasionally. Spoon over chicken.

## Nutrition Facts



## Properties

Glycemic Index:41.94, Glycemic Load:8.11, Inflammation Score:-8, Nutrition Score:20.44391287928%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 510.53kcal (25.53%), Fat: 13.74g (21.14%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 61.04g (22.2%), Sugar: 18.06g (20.07%), Cholesterol: 72.57mg (24.19%), Sodium: 289.46mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.88%), Vitamin B3: 12.64mg (63.21%), Vitamin C: 47.24mg (57.26%), Selenium: 37.47µg (53.53%), Vitamin B6: 0.99mg (49.44%), Fiber: 7.53g (30.12%), Phosphorus: 263.76mg (26.38%), Vitamin A: 1206.16IU (24.12%), Potassium: 666.07mg (19.03%), Vitamin B5: 1.86mg (18.61%), Manganese: 0.36mg (17.75%), Vitamin E: 2.35mg (15.66%), Iron: 2.74mg (15.2%), Vitamin K: 15.79µg (15.04%), Folate: 54.86µg (13.72%), Magnesium: 43.44mg (10.86%), Vitamin B2: 0.16mg (9.42%), Copper: 0.16mg (7.95%), Vitamin B1: 0.12mg (7.89%), Zinc: 0.81mg (5.41%), Calcium: 50.74mg (5.07%), Vitamin B12: 0.23µg (3.78%)