



## Orange Picante Chicken

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**363 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar packed
- 2 cloves garlic minced
- 0.3 cup orange juice
- 0.8 cup picante sauce pace®
- 1 cup regular rice long-grain white prepared
- 16 ounce chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

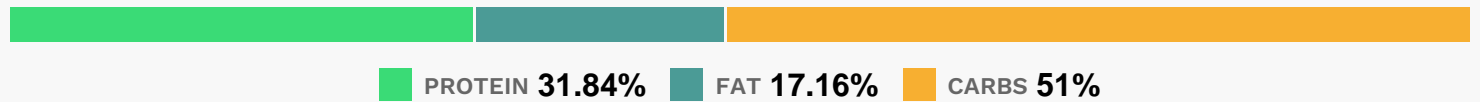
### Equipment

frying pan

## Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Reduce the heat to medium.
- Add the garlic to the skillet and cook and stir for 1 minute. Stir the picante sauce, orange juice and brown sugar in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- Serve the chicken and sauce with the rice.

## Nutrition Facts



## Properties

Glycemic Index:35.8, Glycemic Load:23.22, Inflammation Score:-4, Nutrition Score:16.959565017534%

## Flavonoids

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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 362.89kcal (18.14%), Fat: 6.77g (10.42%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 43.77g (15.92%), Sugar: 6.14g (6.82%), Cholesterol: 72.57mg (24.19%), Sodium: 454.9mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Vitamin B3: 13.19mg (65.95%), Selenium: 43.97µg (62.82%), Vitamin B6: 1.04mg (51.85%), Phosphorus: 311.97mg (31.2%), Manganese: 0.6mg (30.22%), Vitamin B5: 2.23mg (22.26%), Potassium: 639.54mg (18.27%), Vitamin C: 10.51mg (12.73%), Magnesium: 50.71mg (12.68%), Vitamin B2: 0.16mg (9.29%), Vitamin B1: 0.14mg (9.26%), Copper: 0.18mg (8.84%), Zinc: 1.29mg (8.57%), Vitamin K: 8.61µg (8.2%), Vitamin E: 1.15mg (7.64%), Fiber: 1.54g (6.16%), Vitamin A: 299.15IU (5.98%), Iron: 1.07mg (5.96%), Calcium: 39.18mg (3.92%), Vitamin B12: 0.23µg (3.78%), Folate: 14.91µg (3.73%)