



Orange Rosemary Chicken



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives fresh chopped
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 1.5 cups orange juice
- ☐ 1 teaspoon salt
- ☐ 2.5 pound meat from a rotisserie chicken whole cut into 8 pieces

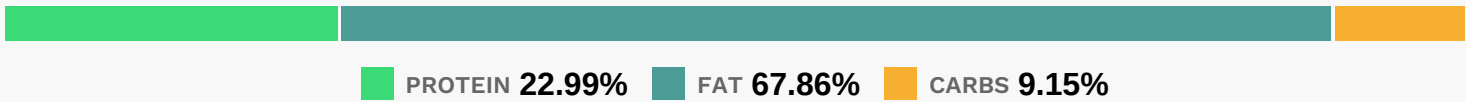
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ In a medium bowl, mix the orange juice, olive oil, chives, rosemary, salt, and pepper.
- ☐ Place the chicken in the mixture. Cover and marinate in the refrigerator at least 4 hours.
- ☐ Preheat the oven broiler.
- ☐ Remove the chicken from the marinade, and shake off excess.
- ☐ Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside.
- ☐ Arrange the chicken on a baking sheet. Broil 30 minutes in the preheated oven, 6 to 8 inches from heat. Turn and brush frequently with the remaining marinade mixture, until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:2.51, Inflammation Score:-4, Nutrition Score:7.5621739392695%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 228.86kcal (11.44%), Fat: 17.15g (26.39%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.93g (4.37%), Cholesterol: 51.03mg (17.01%), Sodium: 339.19mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin C: 25.23mg (30.58%), Vitamin B3: 4.83mg (24.16%), Selenium: 9.87µg (14.1%), Vitamin B6: 0.26mg (13.09%), Phosphorus: 109.54mg (10.95%), Vitamin E: 1.2mg (8%), Vitamin K: 8.2µg (7.81%), Vitamin B5: 0.72mg (7.21%), Potassium: 233.75mg (6.68%), Zinc: 0.93mg (6.22%), Vitamin B2: 0.1mg (5.8%), Vitamin B1: 0.08mg (5.61%), Vitamin A: 265.96IU (5.32%), Magnesium: 20.37mg (5.09%), Folate: 20.2µg (5.05%), Iron: 0.84mg (4.67%), Vitamin B12: 0.21µg (3.52%), Manganese: 0.06mg (3.2%), Copper: 0.06mg (3.04%), Calcium: 17.48mg (1.75%), Fiber: 0.29g (1.17%)