



Orange Spiced Chicken

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

READY IN



60 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic minced
- 0.5 teaspoon ground ginger
- 0.3 cup orange juice
- 2 tablespoons raisins
- 32 ounce chicken breast halves boneless skinless
- 0.5 cup soya sauce
- 2 tablespoons sugar

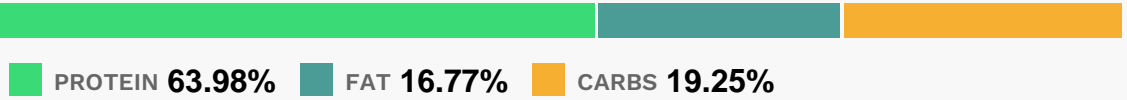
Equipment

- bowl
- oven
- baking pan

Directions

- Combine soy sauce, orange juice, sugar, garlic, ginger and raisins in a nonporous glass dish or bowl.
- Mix well, then add chicken and turn to coat. Cover dish or bowl and refrigerate to marinate for 2 to 3 hours, turning once or twice.
- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken in a 9x13 inch baking dish and pour marinade evenly over all.
- Bake in the preheated oven for 45 minutes, basting often.

Nutrition Facts



Properties

Glycemic Index:56.47, Glycemic Load:8.45, Inflammation Score:-4, Nutrition Score:23.143043485673%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 330.18kcal (16.51%), Fat: 6.01g (9.24%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.69g (5.34%), Sugar: 7.8g (8.67%), Cholesterol: 145.15mg (48.38%), Sodium: 1885.53mg (81.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.56g (103.13%), Vitamin B3: 24.98mg (124.88%), Selenium: 73.15µg (104.5%), Vitamin B6: 1.79mg (89.39%), Phosphorus: 523.8mg (52.38%), Vitamin B5: 3.38mg (33.79%), Potassium: 999.93mg (28.57%), Magnesium: 75.24mg (18.81%), Vitamin B2: 0.29mg (17.15%), Manganese: 0.3mg (14.85%), Vitamin C: 11.11mg (13.47%), Vitamin B1: 0.19mg (12.41%), Iron: 1.82mg (10.11%), Zinc: 1.48mg (9.87%), Vitamin B12: 0.45µg (7.56%), Copper: 0.13mg (6.69%), Folate: 19.22µg (4.81%), Fiber: 0.82g (3.3%), Vitamin E: 0.44mg (2.92%), Calcium: 22.65mg (2.26%), Vitamin A: 99.18IU (1.98%), Vitamin D: 0.23µg (1.51%)