

Pollo Rancho Luna

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cloves garlic minced
- 0.5 cup juice of lemon
- 6 tablespoons olive oil divided
- 2 onions chopped
- 0.5 cup orange juice
- 4 servings salt and pepper to taste
- 0.3 cup white wine
- 4 pound meat from a rotisserie chicken whole cut into 4 pieces

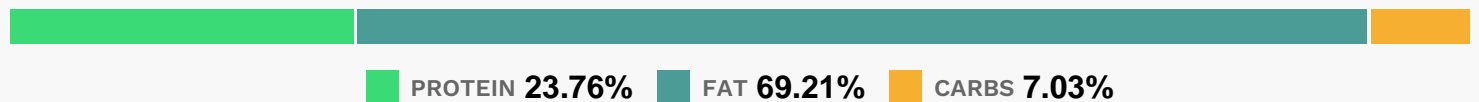
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat 3 tablespoons of the oil in a medium skillet over medium heat.
- Add the garlic and saute for 1 minute; set aside.
- In a separate medium bowl, combine the remaining oil, onion, orange juice, lemon juice and wine.
- Add the heated garlic and oil to this and mix well.
- Place chicken pieces in a 9x13 inch baking dish and pour the juice mixture over the chicken, coating well.
- Bake at 350 degrees F (175 degrees C) for 1 hour, basting occasionally with the sauce.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:20.225652155669%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 715.41kcal (35.77%), Fat: 54g (83.08%), Saturated Fat: 12.33g (77.05%), Carbohydrates: 12.35g (4.11%), Net Carbohydrates: 11.16g (4.06%), Sugar: 5.89g (6.55%), Cholesterol: 163.29mg (54.43%), Sodium: 350.95mg (15.26%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 41.72g (83.44%), Vitamin B3: 15.07mg (75.35%), Selenium: 32.34µg (46.2%), Vitamin B6: 0.92mg (45.89%), Vitamin C: 36.26mg (43.95%), Phosphorus: 353.3mg (35.33%), Vitamin E: 3.75mg (25%), Vitamin B5: 2.18mg (21.81%), Zinc: 3.05mg (20.31%), Potassium: 614.16mg (17.55%), Vitamin B2: 0.3mg (17.48%), Vitamin K: 16.3µg (15.52%), Magnesium: 56.91mg (14.23%), Vitamin B1: 0.2mg (13.39%), Iron: 2.4mg (13.32%), Vitamin B12: 0.67µg (11.25%), Manganese: 0.21mg (10.68%), Folate: 39.2µg (9.8%), Copper: 0.16mg (7.93%), Vitamin A: 370.15IU (7.4%), Calcium: 51.66mg (5.17%), Fiber: 1.18g (4.73%), Vitamin D: 0.44µg (2.9%)