

# Polynesian Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

## Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 11 oz mandarin oranges drained canned
- ☐ 2 pounds chicken
- ☐ 4 cups rice cooked
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons dehydrated onion dried minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup orange juice

- ☐ 0.3 teaspoon pepper
- ☐ 8.8 oz pineapple chunks drained canned
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup water

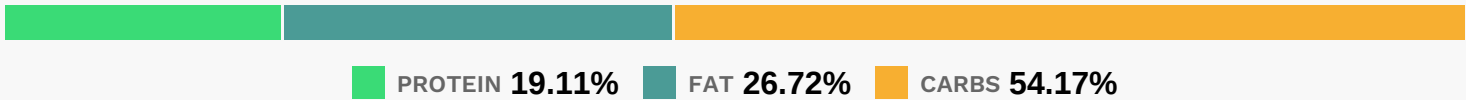
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Arrange chicken pieces in a single layer in an ungreased 13"x9" baking pan; set aside.
- ☐ Combine soy sauce, ginger, pepper, onion, brown sugar, reserved pineapple juice and orange juice; pour over chicken. Cover and refrigerate one hour or overnight, turning once.
- ☐ Bake, covered, at 350 for 30 minutes or until tender. Uncover, and bake 20 to 25 more minutes or until golden and juices run clear when chicken is pierced with a fork.
- ☐ Remove chicken from baking pan; keep warm on a platter.
- ☐ Skim off fat from pan drippings. In a medium saucepan, combine cornstarch and water with pan juices; heat until thickened and bubbly. Stir in pineapple and oranges and warm through; pour over chicken.
- ☐ Serve with cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:24.79, Inflammation Score:-6, Nutrition Score:10.065217396487%

## 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 288.83kcal (14.44%), Fat: 8.53g (13.12%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 37.45g (13.62%), Sugar: 13.94g (15.49%), Cholesterol: 40.82mg (13.61%), Sodium: 448.31mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin C: 25.69mg (31.14%), Manganese: 0.53mg (26.66%), Vitamin B3: 4.67mg (23.35%), Selenium: 14.39µg (20.56%), Vitamin B6: 0.35mg (17.41%), Phosphorus: 137.05mg (13.71%), Vitamin A: 634.77IU (12.7%), Zinc: 1.41mg (9.42%), Vitamin B1: 0.14mg (9.27%), Magnesium: 36.2mg (9.05%), Vitamin B5: 0.89mg (8.85%), Potassium: 298.76mg (8.54%), Copper: 0.16mg (7.86%), Vitamin B2: 0.11mg (6.57%), Iron: 1.15mg (6.4%), Fiber: 1.45g (5.79%), Folate: 17.25µg (4.31%), Calcium: 34.42mg (3.44%), Vitamin B12: 0.17µg (2.81%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.2µg (1.14%)