



## Slow-Cooker Orange Chicken

 Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 cup flour
- 1 tsp gingerroot grated
- 0.3 cup orange juice
- 0.3 cup orange marmalade
- 3.5 lb chicken thighs bone-in skinless
- 3 Tbsp soya sauce

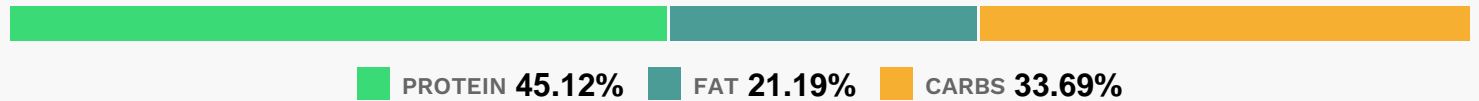
### Equipment

- bowl
- whisk
- slow cooker

## Directions

- Stir barbecue sauce and flour in small bowl with wire whisk until well blended.
- Add all remaining ingredients except chicken; mix well.
- Pour sauce mixture evenly over chicken in slow cooker. (Do not stir.) Cover with lid.
- Cook on LOW for 3 to 5 hours.
- Serve chicken topped with the sauce.

## Nutrition Facts



## Properties

Glycemic Index:19.63, Glycemic Load:2.62, Inflammation Score:-2, Nutrition Score:11.074782584025%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 218.99kcal (10.95%), Fat: 5.07g (7.8%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.72g (6.44%), Sugar: 12.72g (14.13%), Cholesterol: 113.11mg (37.7%), Sodium: 672.93mg (29.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Selenium: 28.59µg (40.84%), Vitamin B3: 7.29mg (36.46%), Vitamin B6: 0.56mg (28.19%), Phosphorus: 241.03mg (24.1%), Vitamin B5: 1.52mg (15.17%), Vitamin B2: 0.26mg (15.01%), Zinc: 1.91mg (12.7%), Vitamin B12: 0.76µg (12.7%), Potassium: 371.91mg (10.63%), Vitamin B1: 0.15mg (10.23%), Magnesium: 34.43mg (8.61%), Iron: 1.44mg (8%), Vitamin C: 4.47mg (5.42%), Copper: 0.11mg (5.36%), Manganese: 0.11mg (5.28%), Folate: 16.74µg (4.18%), Vitamin K: 3.79µg (3.61%), Vitamin E: 0.37mg (2.46%), Calcium: 23.24mg (2.32%), Vitamin A: 90.32IU (1.81%), Fiber: 0.41g (1.64%)