



Spiced Chicken with Oranges

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 2 tablespoons butter ()
- ☐ 2 teaspoons pepper oil hot
- ☐ 0.5 cup orange juice
- ☐ 2 oranges seedless peeled sliced
- ☐ 1 medium onion red thinly sliced
- ☐ 2 teaspoons sesame seed toasted
- ☐ 4 chicken breast halves boneless skinless

☐ 3 tablespoons soya sauce

Equipment

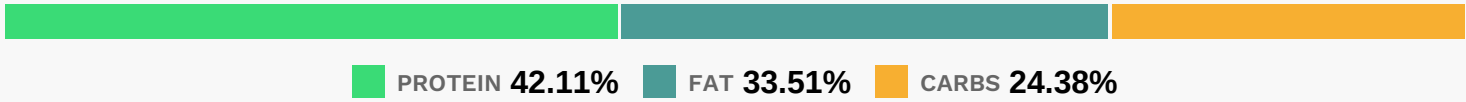
☐ frying pan

☐ tongs

Directions

- ☐ Sprinkle chicken with salt, pepper, five-spice powder, and sesame seeds. Melt butter in heavy large skillet over medium heat. Sauté chicken until golden brown and cooked through, about 5 minutes per side. Using tongs, transfer to plate.
- ☐ Add onion to drippings in skillet and sauté until tender, stirring often, about 3 minutes.
- ☐ Add orange juice, soy sauce, and pepper oil. Reduce heat to medium-low and simmer 2 minutes, stirring often.
- ☐ Add oranges and stir until just heated through, about 1 minute. Return chicken to skillet to reheat if necessary. Divide onion-orange mixture among 4 plates, top with chicken, and serve.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:5.09, Inflammation Score:-7, Nutrition Score:18.553912976514%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 256.32kcal (12.82%), Fat: 9.61g (14.79%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 13.08g (4.75%), Sugar: 10.26g (11.4%), Cholesterol: 87.37mg (29.12%), Sodium: 932.27mg (40.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.36%), Vitamin C: 57.75mg (70%), Vitamin B3: 12.8mg (64%), Selenium: 37.29µg (53.27%), Vitamin B6: 0.99mg (49.59%), Phosphorus: 295.11mg (29.51%), Potassium:

710.66mg (20.3%), Vitamin B5: 1.95mg (19.47%), Magnesium: 55.12mg (13.78%), Vitamin B1: 0.19mg (12.98%), Vitamin B2: 0.19mg (11.13%), Manganese: 0.22mg (10.79%), Folate: 43.08µg (10.77%), Fiber: 2.66g (10.63%), Iron: 1.84mg (10.2%), Vitamin A: 448.86IU (8.98%), Copper: 0.16mg (8.24%), Calcium: 68.99mg (6.9%), Zinc: 1.02mg (6.79%), Vitamin B12: 0.24µg (3.96%), Vitamin E: 0.53mg (3.55%), Vitamin K: 1.21µg (1.15%)