



Sweet Orange Chicken I

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

READY IN



40 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mayonnaise
- 0.5 cup chutney
- 0.3 cup orange soda
- 1 teaspoon poultry seasoning
- 4 servings salt to taste
- 0.8 cup water
- 2 pound meat from a rotisserie chicken whole cut into pieces

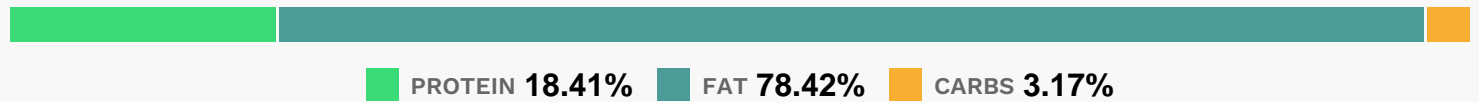
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken pieces in a 9x13 inch baking dish. In a medium bowl combine the chutney, mayonnaise, soda and water.
- Mix together and pour mixture over chicken, then sprinkle with seasoning and salt.
- Bake in the preheated oven for about 30 minutes, or until chicken is cooked through and no longer pink inside.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:11.43000002011%

Flavonoids

Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 457.37kcal (22.87%), Fat: 39.13g (60.2%), Saturated Fat: 8.86g (55.35%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.23g (1.17%), Sugar: 1.23g (1.36%), Cholesterol: 93.41mg (31.14%), Sodium: 902.45mg (39.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.67g (41.34%), Vitamin K: 51.3µg (48.86%), Vitamin B3: 7.45mg (37.25%), Selenium: 16.41µg (23.45%), Vitamin B6: 0.4mg (19.83%), Vitamin A: 904.06IU (18.08%), Phosphorus: 168.34mg (16.83%), Vitamin C: 12.05mg (14.6%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.5mg (9.98%), Vitamin E: 1.27mg (8.48%), Vitamin B2: 0.14mg (8.32%), Iron: 1.23mg (6.82%), Potassium: 235.17mg (6.72%), Magnesium: 24.75mg (6.19%), Vitamin B12: 0.37µg (6.18%), Vitamin B1: 0.08mg (5.28%), Copper: 0.07mg (3.7%), Manganese: 0.06mg (3.01%), Folate: 12µg (3%), Calcium: 25.15mg (2.51%), Vitamin D: 0.27µg (1.82%), Fiber: 0.33g (1.31%)