



Yummy Orange Chicken and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice white cooked minute®
- ☐ 2 cups meat from a rotisserie chicken cooked
- ☐ 1 large cranberry-orange relish washed and thinly sliced
- ☐ 0.5 cup orange juice
- ☐ 12 ounce orange marmalade
- ☐ 1 cup sugar snap peas frozen thawed
- ☐ 0.5 cup water

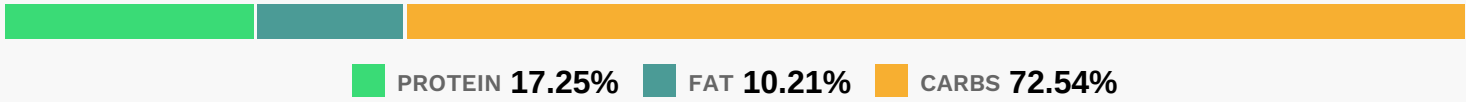
Equipment

☐ sauce pan

Directions

- ☐ In a small sauce pan add in: marmalade, orange juice and water. Simmer until blended and reduced about 50%. It should be like syrup.
- ☐ Add chicken, orange slices and peas until all are hot.
- ☐ Serve over rice. If desired, sprinkle with slivered almonds.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:14.53, Inflammation Score:-7, Nutrition Score:17.849130583846%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 16.24mg, Hesperetin: 16.24mg, Hesperetin: 16.24mg, Hesperetin: 16.24mg Naringenin: 7.71mg, Naringenin: 7.71mg, Naringenin: 7.71mg, Naringenin: 7.71mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 481.18kcal (24.06%), Fat: 5.62g (8.64%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 89.81g (29.94%), Net Carbohydrates: 85.66g (31.15%), Sugar: 58.91g (65.46%), Cholesterol: 52.5mg (17.5%), Sodium: 103.87mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Vitamin C: 58.75mg (71.22%), Manganese: 1.17mg (58.71%), Vitamin B3: 7.26mg (36.29%), Vitamin B6: 0.53mg (26.38%), Selenium: 18.16µg (25.95%), Phosphorus: 237.57mg (23.76%), Magnesium: 73.49mg (18.37%), Vitamin B1: 0.25mg (16.78%), Fiber: 4.15g (16.61%), Vitamin B5: 1.43mg (14.33%), Potassium: 463.05mg (13.23%), Copper: 0.25mg (12.69%), Zinc: 1.82mg (12.13%), Folate: 48.44µg (12.11%), Iron: 2.11mg (11.72%), Vitamin B2: 0.18mg (10.77%), Vitamin A: 513.25IU (10.26%), Calcium: 83.7mg (8.37%), Vitamin K: 6.16µg (5.86%), Vitamin B12: 0.2µg (3.38%), Vitamin E: 0.24mg (1.61%)