

Orange Chicken

Mrs. J. Theron Brown

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

2 chickens, cut in pieces
salt
pepper
1 cup butter or margarine
2 cans (6 ounce ea) frozen orange juice
1 can slivered almonds
1 can (11 ounce) mandarin orange sections OR 1 bunch seedless grapes

Preheat the oven to 300 degrees.

Salt and pepper the chicken. In a skillet, brown the chicken in butter. Arrange the chicken in a large shallow baking dish.

Pour the frozen undiluted orange juice into the remaining butter. Mix and pour over the chicken.

Bake for 45 minutes to one hour.

In the last 5 minutes of baking, add the oranges and almonds, just to get them warm.

(Extra gravy can be made with orange juice and butter.)

Per Serving (excluding unknown items): 1484 Calories; 121g Fat (73.9% calories from fat); 91g Protein; 5g Carbohydrate; 2g Dietary Fiber; 535mg Cholesterol; 662mg Sodium. Exchanges: 1/2 Grain(Starch); 12 1/2 Lean Meat; 16 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1484	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	73.9%	Vitamin B12 (mcg):	5.0mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	24.7%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	121g	Folacin (mcg):	141mcg
Saturated Fat (g):	42g	Niacin (mg):	33mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	20g	Alcohol (kcal):	0

Cholesterol (mg):	535mg
Carbohydrate (g):	5g
Dietary Fiber (g):	2g
Protein (g):	91g
Sodium (mg):	662mg
Potassium (mg):	1177mg
Calcium (mg):	119mg
Iron (mg):	8mg
Zinc (mg):	7mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	5396IU
Vitamin A (r.e.):	1553 1/2RE

% Daily Value* 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	12 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 1484 **Calories from Fat:** 1097

% Daily Values*

Total Fat 121g	186%
Saturated Fat 42g	208%
Cholesterol 535mg	178%
Sodium 662mg	28%
Total Carbohydrates 5g	2%
Dietary Fiber 2g	6%
Protein 91g	
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Vitamin A	108%
Vitamin C	20%
Calcium	12%
Iron	43%

* Percent Daily Values are based on a 2000 calorie diet.