

Polynesian Chicken

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-polynesian-chicken-with-russian-dressing>

Ingredients:

- 2 pounds chicken cut up
- 1/4 cup low sodium soy sauce
- 1 teaspoon ginger grated
- 2 tablespoons minced onions dried
- 3 tablespoons brown sugar
- 1/2 cup orange juice
- 8 3/4 ounces pineapple chunks drained, reserve the juice
- 2 teaspoons cornstarch
- 1/4 cup water
- 11 ounces mandarin oranges
- cooked white rice optional :

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 710 milligrams
9. Sugar: 24 grams

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