



Chicken Honey Nut Stir Fry



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots peeled diagonally sliced
- ☐ 0.3 cup cashew pieces
- ☐ 2 stalks celery chopped
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 0.3 cup green onions minced
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons soya sauce light

- ☐ 0.8 cup orange juice
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into strips

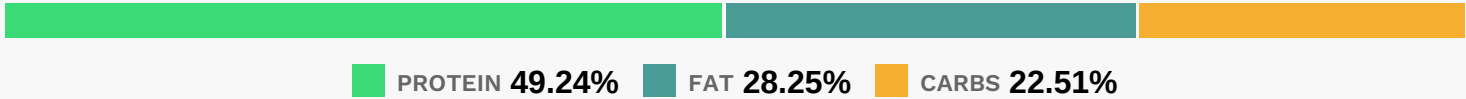
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Heat 1 teaspoon of the oil in a wok over high heat.
- ☐ Add the carrots and celery and stir fry for 3 minutes.
- ☐ Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.
- ☐ In a small bowl, dissolve the cornstarch into the orange juice.
- ☐ Mix in the soy sauce, honey and ginger.
- ☐ Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:18.911739193875%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 217.66kcal (10.88%), Fat: 6.78g (10.43%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 10.93g (3.97%), Sugar: 7.19g (7.99%), Cholesterol: 72.57mg (24.19%), Sodium: 660.9mg (28.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.19%), Vitamin A: 3594.31IU (71.89%), Vitamin B3: 12.64mg (63.18%), Selenium: 37.63µg (53.75%), Vitamin B6: 0.94mg (47.2%), Phosphorus: 299.26mg (29.93%), Vitamin C: 19.32mg (23.42%), Potassium: 650.6mg (18.59%), Vitamin B5: 1.85mg (18.5%), Vitamin K: 17.32µg (16.49%), Magnesium: 57.18mg (14.3%), Manganese: 0.21mg (10.45%), Vitamin B1: 0.15mg (9.81%), Copper: 0.19mg (9.72%), Vitamin B2: 0.16mg (9.63%), Zinc: 1.11mg (7.43%), Folate: 28.24µg (7.06%), Iron: 1.23mg (6.82%), Fiber: 1.23g (4.91%), Vitamin E: 0.68mg (4.53%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.2mg (2.82%)