



Chicken-Orange Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons apricot preserves
- 1 cup asparagus diagonally sliced (1-inch) (4 ounces)
- 0.5 cup julienne-cut bell pepper red (3-inch)
- 0.5 cup julienne-cut carrot (3-inch) (1 medium)
- 0.5 cup celery diagonally sliced
- 3 cups rice hot cooked
- 1.5 teaspoons cornstarch
- 0.5 teaspoon sesame oil dark

- 1 tablespoon ginger fresh minced peeled
- 1 garlic clove minced
- 0.5 pound green beans trimmed diagonally sliced
- 2 tablespoons soya sauce low-sodium
- 11 ounce mandarin oranges in syrup light undrained canned
- 8 ounce pre mushrooms
- 0.3 cup orange juice concentrate undiluted thawed
- 0.5 pound skinned cut into bite-size pieces
- 2 tablespoons slivered almonds toasted
- 0.5 cup snow peas
- 1.5 teaspoons vegetable oil
- 0.5 cup julienne-cut zucchini (3-inch) (1 small)

Equipment

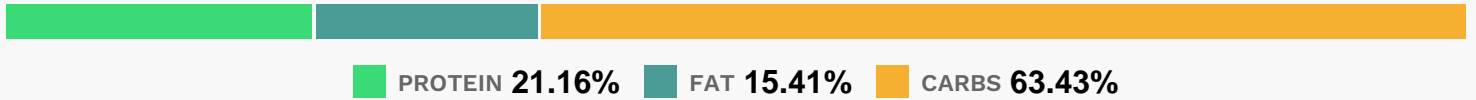
- bowl
- frying pan
- whisk
- wok
- colander

Directions

- Drain oranges in a colander over a bowl, reserving syrup.
- Combine juice concentrate and the next 6 ingredients (concentrate through garlic) in a bowl, stirring with a whisk.
- Add chicken; cover and marinate in refrigerator 1 hour.
- Heat canola oil in a stir-fry pan or wok over medium-high heat.
- Add asparagus and the next 6 ingredients (asparagus through green beans); stir-fry for 6 minutes or until crisp-tender.
- Add mushrooms, and stir-fry for 2 minutes.

- Remove vegetable mixture from pan.
- Add chicken mixture to pan, and stir-fry for 4 minutes or until chicken is done. Return vegetable mixture to pan.
- Combine reserved syrup and cornstarch in a small bowl, stirring well with a whisk.
- Add syrup mixture to pan, and cook for 1 minute or until slightly thick. Stir in oranges.
- Serve over rice and almonds.

Nutrition Facts



Properties

Glycemic Index:110.46, Glycemic Load:42.35, Inflammation Score:-10, Nutrition Score:34.10695637309%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.83mg, Naringenin: 7.83mg, Naringenin: 7.83mg, Naringenin: 7.83mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 418.22kcal (20.91%), Fat: 7.38g (11.35%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 61.14g (22.23%), Sugar: 23.14g (25.71%), Cholesterol: 36.29mg (12.1%), Sodium: 390.37mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.58%), Vitamin C: 101.68mg (123.25%), Vitamin A: 4765.33IU (95.31%), Manganese: 1.09mg (54.6%), Vitamin B3: 10.54mg (52.72%), Vitamin K: 52.16µg (49.68%), Vitamin B6: 0.99mg (49.47%), Selenium: 34.23µg (48.91%), Vitamin B2: 0.61mg (35.92%), Phosphorus: 352.89mg (35.29%), Potassium: 1162.84mg (33.22%), Vitamin B5: 2.95mg (29.54%), Fiber: 7.18g (28.71%), Folate: 113.27µg (28.32%), Copper: 0.52mg (26.21%), Magnesium: 101.94mg (25.49%), Vitamin B1: 0.37mg (24.97%), Vitamin E: 3.04mg (20.25%), Iron: 3.03mg (16.82%), Zinc: 2.03mg (13.56%), Calcium: 120.73mg (12.07%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.17µg (1.13%)