



Mandarin Chicken Saute

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

READY IN



30 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds sliced
- 0.5 cup chicken broth
- 1 teaspoon cilantro sprigs fresh for garnish
- 0.5 teaspoon ginger root fresh minced
- 1 clove garlic minced
- 2 tablespoons green onions minced
- 1 tablespoon honey
- 6 small orange jelly beans

- 0.3 teaspoon pepper flakes red crushed
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 4 chicken breast halves boneless skinless

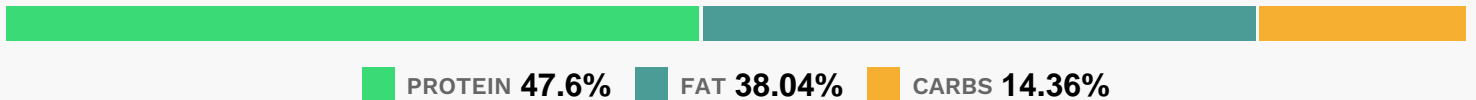
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium high heat. Brown chicken in oil for 2 to 3 minutes, then reduce heat to low. Cover and saute for 8 to 10 minutes or until cooked through and juices run clear.
- Remove chicken from skillet and keep warm.
- In the same skillet, combine the broth, vinegar, honey, jelly beans, red pepper flakes, garlic and ginger root. Simmer over medium heat until liquid is reduced by half, then remove from heat and let stand 5 minutes.
- Remove jelly beans from sauce; stir in almonds and green onion. Slice reserved chicken and place on a platter. Spoon sauce over the top and garnish with jelly beans and cilantro.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:13.039130387099%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin:

0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 216.7kcal (10.83%), Fat: 9.01g (13.87%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.88g (2.5%), Sugar: 5.9g (6.56%), Cholesterol: 72.91mg (24.3%), Sodium: 244.01mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Vitamin B3: 12.08mg (60.38%), Selenium: 36.73µg (52.48%), Vitamin B6: 0.87mg (43.44%), Phosphorus: 265.85mg (26.59%), Vitamin B5: 1.65mg (16.49%), Potassium: 478.43mg (13.67%), Vitamin B2: 0.19mg (11.41%), Magnesium: 44.48mg (11.12%), Vitamin E: 1.62mg (10.81%), Manganese: 0.17mg (8.7%), Vitamin K: 7.13µg (6.79%), Vitamin B1: 0.09mg (6.16%), Zinc: 0.87mg (5.81%), Copper: 0.1mg (4.79%), Iron: 0.73mg (4.06%), Vitamin B12: 0.23µg (3.86%), Fiber: 0.78g (3.13%), Vitamin C: 2.2mg (2.67%), Calcium: 25.11mg (2.51%), Folate: 8.85µg (2.21%), Vitamin A: 103.26IU (2.07%)