



## Mandarin Chicken Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons rice vinegar
- 2 tablespoons soya sauce
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 0.1 teaspoon ground pepper red (cayenne)
- 11 ounces mandarin orange segments drained canned
- 8 ounces pineapple chunks drained canned
- 1 tablespoon vegetable oil

- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 teaspoon ginger finely chopped
- 1 clove garlic finely chopped
- 6 ounces snow peas frozen chinese thawed drained ()
- 2 tablespoons spring onion sliced
- 1 serving rice hot chinese cooked

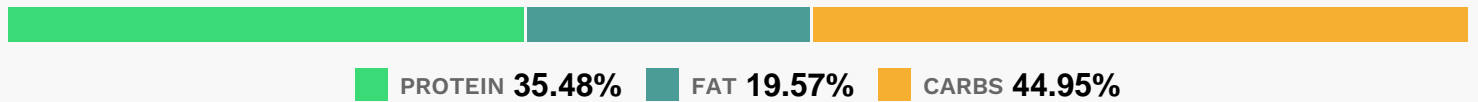
## Equipment

- bowl
- frying pan

## Directions

- Mix vinegar, soy sauce, honey, cornstarch, red pepper, reserved orange syrup and pineapple juice in small bowl; set aside.
- Heat oil in 10-inch skillet over medium-high heat.
- Add chicken, gingerroot and garlic; stir-fry 3 to 4 minutes or until chicken is no longer pink in center. Stir in soy sauce mixture.
- Heat to boiling. Boil 1 minute, stirring constantly.
- Stir in pea pods, onions and pineapple; heat through. Fold in orange segments.
- Serve over noodles.

## Nutrition Facts



## Properties

Glycemic Index:94.32, Glycemic Load:12.2, Inflammation Score:-8, Nutrition Score:21.259130394977%

## Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 311.3kcal (15.57%), Fat: 6.82g (10.49%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 31.67g (11.52%), Sugar: 22.62g (25.13%), Cholesterol: 72.57mg (24.19%), Sodium: 639.55mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.61%), Vitamin C: 53.92mg (65.35%), Vitamin B3: 13.01mg (65.04%), Selenium: 38.71µg (55.31%), Vitamin B6: 1.07mg (53.59%), Phosphorus: 303.83mg (30.38%), Vitamin K: 23.78µg (22.65%), Vitamin B5: 2.23mg (22.25%), Vitamin A: 1111.51IU (22.23%), Potassium: 747.91mg (21.37%), Vitamin B1: 0.25mg (16.81%), Magnesium: 64.86mg (16.22%), Manganese: 0.32mg (15.93%), Fiber: 3.55g (14.19%), Vitamin B2: 0.21mg (12.33%), Iron: 1.93mg (10.74%), Folate: 42.09µg (10.52%), Copper: 0.19mg (9.64%), Zinc: 1.06mg (7.04%), Calcium: 70.17mg (7.02%), Vitamin E: 0.87mg (5.81%), Vitamin B12: 0.23µg (3.78%)