



Mandarin Chicken Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice hot chinese cooked
- 1 tablespoon cornstarch
- 1 clove garlic finely chopped
- 1 teaspoon ginger finely chopped
- 2 tablespoons spring onion sliced
- 0.1 teaspoon ground pepper red (cayenne)
- 1 tablespoon honey
- 11 ounces mandarin orange segments drained canned

- 6 ounces snow peas frozen chinese thawed drained ()
- 8 ounces pineapple chunks drained canned
- 2 tablespoons rice vinegar
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil

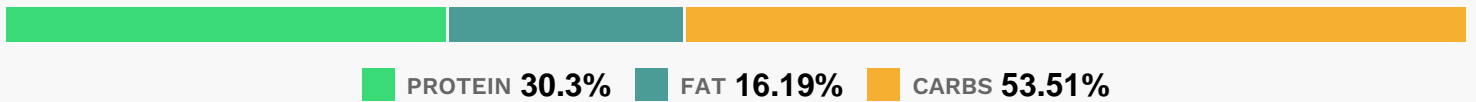
Equipment

- 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:30.13, Inflammation Score:-8, Nutrition Score:22.977391160053%

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: 388.33kcal (19.42%), Fat: 6.98g (10.74%), Saturated Fat: 1.28g (8%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 48.12g (17.5%), Sugar: 22.65g (25.16%), Cholesterol: 72.57mg (24.19%), Sodium: 640.14mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.79%), Vitamin B3: 13.24mg (66.22%), Vitamin C: 53.92mg (65.35%), Selenium: 43.16µg (61.65%), Vitamin B6: 1.13mg (56.35%), Phosphorus: 329.31mg (32.93%), Manganese: 0.6mg (29.92%), Vitamin B5: 2.46mg (24.56%), Vitamin K: 23.78µg (22.65%), Vitamin A: 1111.51IU (22.23%), Potassium: 768.65mg (21.96%), Magnesium: 71.97mg (17.99%), Vitamin B1: 0.26mg (17.6%), Fiber: 3.78g (15.13%), Vitamin B2: 0.22mg (12.78%), Copper: 0.23mg (11.69%), Iron: 2.05mg (11.4%), Folate: 43.86µg (10.97%), Zinc: 1.35mg (8.98%), Calcium: 76.1mg (7.61%), Vitamin E: 0.9mg (5.97%), Vitamin B12: 0.23µg (3.78%)