

Orange Chicken



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 clove garlic grated
- ☐ 1 teaspoon ginger grated
- ☐ 0.3 cup green onion sliced
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon chill sauce such as sambal oelek
- ☐ 1 tablespoon oil
- ☐ 0.3 cup orange juice

- ☐ 1 tablespoon orange zest grated
- ☐ 2 tablespoons rice vinegar
- ☐ 1 pound chicken breasts boneless skinless cut into 1 inch pieces
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon water

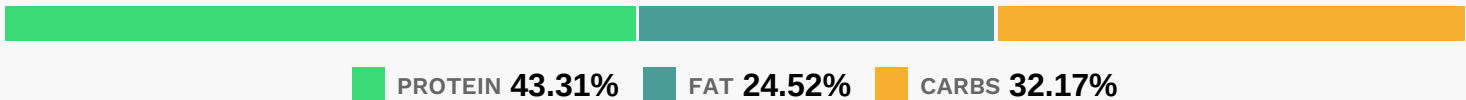
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the chicken and cook until cooked through, about 2-4 minutes per side.
- ☐ Add the mixture of the orange juice, honey, soy sauce, rice vinegar, chill sauce, garlic, ginger and the mixture of the water and the corn starch, toss to coat and cook until the sauce thickens, about a minute.
- ☐ Remove from heat and serve garnished with sliced green onions.

Nutrition Facts



Properties

Glycemic Index:61.57, Glycemic Load:8.14, Inflammation Score:-4, Nutrition Score:13.983043463334%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 241.05kcal (12.05%), Fat: 6.52g (10.03%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.69g (6.8%), Sugar: 15.35g (17.06%), Cholesterol: 72.57mg (24.19%), Sodium: 903.25mg (39.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.79%), Vitamin B3: 12.52mg (62.59%), Selenium: 36.8µg

(52.57%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 264.35mg (26.44%), Vitamin C: 15.25mg (18.48%), Vitamin B5: 1.73mg (17.34%), Potassium: 523.45mg (14.96%), Vitamin K: 15.69µg (14.95%), Magnesium: 39.63mg (9.91%), Vitamin B2: 0.15mg (9.03%), Vitamin B1: 0.11mg (7.07%), Manganese: 0.13mg (6.45%), Vitamin E: 0.88mg (5.84%), Iron: 0.98mg (5.45%), Zinc: 0.8mg (5.34%), Folate: 18.01µg (4.5%), Vitamin B12: 0.23µg (3.78%), Copper: 0.08mg (3.78%), Vitamin A: 144.03IU (2.88%), Fiber: 0.55g (2.18%), Calcium: 20.57mg (2.06%)