



Orange Chicken and Vegetable Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups chicken stock see swanson®
- 4 cups rice hot cooked
- 2 tablespoons cornstarch
- 2 cloves garlic minced
- 0.5 cup orange marmalade
- 1 pound chicken breast boneless skinless cut into strips
- 2 tablespoons soya sauce
- 3 cups cut-up vegetables fresh (see Note)

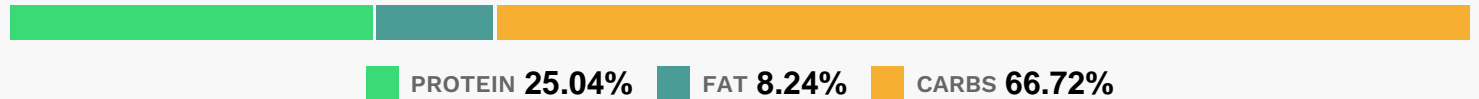
Equipment

- bowl
- frying pan

Directions

- Stir the cornstarch, stock and soy sauce in a small bowl until the mixture is smooth.
- Spray a 12-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute.
- Add the chicken and stir-fry until it's well browned, stirring often.
- Add the garlic and vegetables and stir-fry for 5 minutes or until the vegetables are tender-crisp.
- Stir in the cornstarch mixture and marmalade. Cook and stir until the mixture boils and thickens.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:53.84, Inflammation Score:-10, Nutrition Score:28.745652165102%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 581.11kcal (29.06%), Fat: 5.37g (8.26%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 97.76g (32.59%), Net Carbohydrates: 91.25g (33.18%), Sugar: 25.91g (28.78%), Cholesterol: 75.72mg (25.24%), Sodium: 873.18mg (37.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin A: 6993.57IU (139.87%), Vitamin B3: 16.21mg (81.07%), Selenium: 51.63µg (73.76%), Vitamin B6: 1.24mg (61.78%), Manganese: 1.18mg (58.8%), Phosphorus: 431.08mg (43.11%), Potassium: 914.52mg (26.13%), Fiber: 6.51g (26.05%), Vitamin B5: 2.5mg (25.03%), Magnesium: 90.3mg (22.57%), Vitamin C: 18.15mg (22.01%), Vitamin B2: 0.36mg (21.44%), Vitamin B1: 0.32mg (21.18%), Copper: 0.38mg (18.9%), Zinc: 2.27mg (15.12%), Folate: 59.38µg (14.84%), Iron: 2.57mg (14.29%), Calcium:

78.54mg (7.85%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.34mg (2.24%)