



Orange Chicken Stir-Fry

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

READY IN



40 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 1 cup carrots sliced
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 3 cloves garlic chopped
- 1 teaspoon ground ginger
- 0.5 cup orange juice
- 1 tablespoon orange zest grated

- 16 ounce stir-fry vegetables frozen
- 4 chicken breast halves boneless skinless thinly sliced
- 3 tablespoons soya sauce
- 1 cup sugar snap peas
- 3 tablespoons vegetable oil

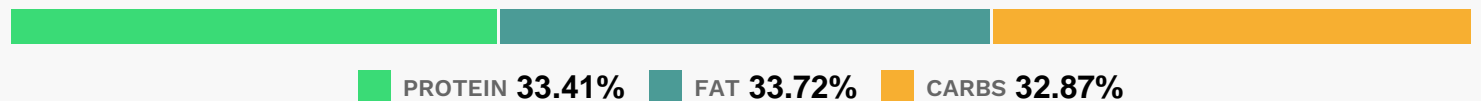
Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Stir orange juice, soy sauce, garlic, orange zest, ground ginger, and red pepper flakes together in a bowl until thoroughly combined.
- Heat oil in a large skillet or wok over medium-high heat. Cook and stir chicken and orange juice mixture in the hot oil until the chicken is no longer pink in the middle and the juices run clear, 7 to 10 minutes.
- Whisk chicken broth and cornstarch together in a small bowl; stir into the chicken and sauce mixture in small amounts until sauce has thickened to your liking.
- Mix stir-fry vegetables, sugar snap peas, broccoli, and carrot into the chicken and sauce mixture; cook and stir until the vegetables are slightly softened, another 7 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.21, Glycemic Load:8.09, Inflammation Score:-10, Nutrition Score:31.110434708388%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 368.24kcal (18.41%), Fat: 14.1g (21.69%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 23.78g (8.65%), Sugar: 5.88g (6.54%), Cholesterol: 72.91mg (24.3%), Sodium: 1079.27mg (46.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.87%), Vitamin A: 11615.46IU (232.31%), Vitamin C: 68.28mg (82.76%), Vitamin B3: 14.61mg (73.06%), Vitamin B6: 1.15mg (57.57%), Selenium: 38.37µg (54.81%), Vitamin K: 52.61µg (50.11%), Phosphorus: 372.52mg (37.25%), Manganese: 0.74mg (36.92%), Fiber: 7.14g (28.57%), Potassium: 996.62mg (28.47%), Vitamin B5: 2.33mg (23.32%), Vitamin B1: 0.33mg (22.22%), Magnesium: 82.28mg (20.57%), Folate: 80.42µg (20.11%), Vitamin B2: 0.33mg (19.18%), Iron: 2.84mg (15.78%), Copper: 0.23mg (11.48%), Vitamin E: 1.56mg (10.42%), Zinc: 1.55mg (10.31%), Calcium: 80.21mg (8.02%), Vitamin B12: 0.23µg (3.86%)