



Orange Chicken Stir Fry



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 6 ounce chow mein noodles crispy
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic chopped
- ☐ 1 cup orange juice
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless cut into 1 inch cubes

- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons vegetable oil

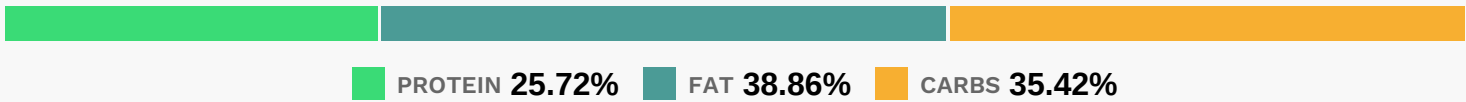
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl combine the orange juice, orange zest, soy sauce, salt, garlic and brown sugar.
- ☐ Mix well.
- ☐ Heat oil in a large skillet or wok over medium high heat. When oil begins to bubble, add chicken.
- ☐ Saute until cooked through (no longer pink inside), about 7 to 10 minutes.
- ☐ Add orange sauce mixture to chicken and cook until sauce begins to bubble.
- ☐ Add flour, a little bit at a time, until sauce has thickened to your liking.
- ☐ Add bean sprouts and cook for 1 minute; serve hot over chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.67, Inflammation Score:-6, Nutrition Score:21.776086807251%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 480.63kcal (24.03%), Fat: 20.82g (32.03%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 40.98g (14.9%), Sugar: 8.8g (9.77%), Cholesterol: 72.32mg (24.11%), Sodium: 1884.56mg (81.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31g (62.01%), Selenium: 56.27µg (80.38%), Vitamin B3: 15.39mg (76.95%), Vitamin B6: 0.98mg (49.02%), Vitamin C: 35.1mg (42.54%), Phosphorus: 343.08mg (34.31%), Vitamin B1: 0.42mg (27.88%), Vitamin B2: 0.35mg (20.88%), Vitamin B5: 2.05mg (20.5%), Folate: 79.49µg (19.87%), Vitamin K: 19.35µg (18.43%), Potassium: 644.19mg (18.41%), Iron: 3.15mg (17.51%), Magnesium: 66.12mg (16.53%), Vitamin E: 2.09mg (13.9%), Zinc: 1.4mg (9.35%), Manganese: 0.16mg (8.23%), Copper: 0.16mg (8.19%), Fiber: 1.7g (6.78%), Vitamin B12: 0.23µg (3.77%), Calcium: 33.77mg (3.38%), Vitamin A: 164.4IU (3.29%)