



WHATSheATE



Orange Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon spice powder
- ☐ 0.3 cup almonds toasted sliced
- ☐ 4 cups broccoli florets
- ☐ 2 cups brown rice cooked for serving, optional
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup orange marmalade
- ☐ 15 servings salt and pepper
- ☐ 3 scallions dark light white green separated thinly sliced

- ☐ 1 pound chicken breasts boneless skinless cut into 1/2-inch strips
- ☐ 2 tablespoons vegetable oil

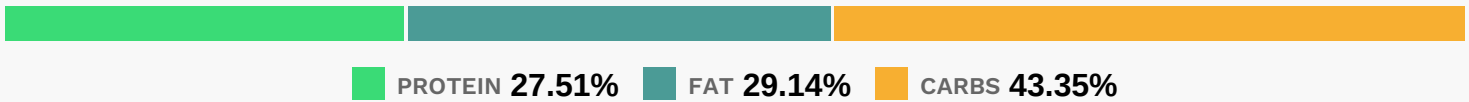
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add broccoli; return to a boil. Cook until bright green, about 1 minute; drain.
- ☐ Season chicken with salt, pepper and 5-spice powder. Warm oil in a large skillet over medium-high heat; add chicken and cook for 1 minute without stirring. Continue to cook, stirring, until cooked through, about 2 minutes.
- ☐ Add white and light green parts of scallions. Saut for 30 seconds. Stir in broccoli, marmalade and soy sauce. Cook, stirring, until broccoli is crisp-tender, about 3 minutes.
- ☐ Serve over brown rice, if desired, sprinkled with scallion greens and almonds.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:3.32, Inflammation Score:-4, Nutrition Score:9.1273912534766%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 120.09kcal (6%), Fat: 3.98g (6.12%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.79g (4.29%), Sugar: 4.83g (5.37%), Cholesterol: 19.35mg (6.45%), Sodium: 318.37mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Vitamin K: 33.12µg (31.54%), Vitamin C: 22.86mg (27.71%), Manganese: 0.41mg (20.42%), Vitamin B3: 3.78mg (18.89%), Vitamin B6: 0.32mg (15.92%), Selenium: 10.45µg (14.93%), Phosphorus: 115.26mg (11.53%), Magnesium: 32.47mg (8.12%), Potassium: 244.74mg (6.99%), Vitamin B5: 0.69mg (6.93%), Vitamin E: 0.94mg (6.3%), Fiber: 1.52g (6.08%), Vitamin B2: 0.09mg (5.57%), Folate: 21.58µg (5.39%), Vitamin B1: 0.07mg (4.72%), Vitamin A: 189.44IU (3.79%), Iron: 0.68mg (3.77%), Copper: 0.07mg (3.71%), Zinc: 0.54mg (3.62%), Calcium: 27.93mg (2.79%), Vitamin B12: 0.06µg (1.01%)