



Orange Ginger Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup teriyaki sauce (from 12-ounce bottle)
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon ginger finely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound chicken breast boneless for stir-fry
- ☐ 1 cup snow peas chinese ()
- ☐ 1 medium bell pepper yellow cut into 1/4-inch strips
- ☐ 7 cups rice hot cooked

☐ 1 serving pepper red crushed

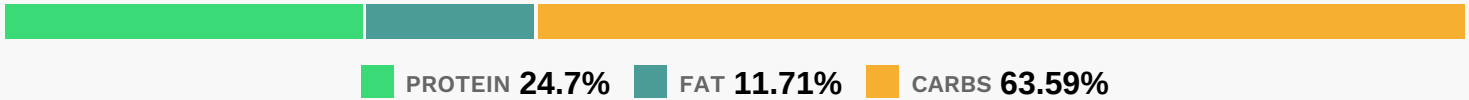
Equipment

☐ frying pan

Directions

- ☐ Mix teriyaki glaze, orange juice and gingerroot; set aside.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat.
- ☐ Add chicken; stir-fry 3 to 4 minutes or until no longer pink in center.
- ☐ Add pea pods, bell pepper and teriyaki mixture.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 2 to 3 minutes or until vegetables are crisp-tender.
- ☐ Serve over 4 cups rice. Refrigerate remaining 3 cups rice to use for Shrimp Rice Salad .

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:84.8, Inflammation Score:-7, Nutrition Score:27.571304487145%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 580.25kcal (29.01%), Fat: 7.35g (11.3%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 89.72g (29.91%), Net Carbohydrates: 87.45g (31.8%), Sugar: 7.97g (8.86%), Cholesterol: 72.57mg (24.19%), Sodium: 1523.15mg (66.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin C: 81.01mg (98.2%), Selenium: 57.81µg (82.58%), Manganese: 1.43mg (71.46%), Vitamin B3: 13.95mg (69.73%), Vitamin B6: 1.25mg (62.56%), Phosphorus: 437.78mg (43.78%), Vitamin B5: 3.04mg (30.45%), Magnesium: 97.31mg (24.33%), Potassium: 762.58mg (21.79%), Copper: 0.32mg (16.19%), Zinc: 2.2mg (14.66%), Vitamin B1: 0.2mg (13.58%), Iron: 2.36mg (13.13%), Vitamin K: 13.15µg (12.53%), Vitamin B2: 0.21mg (12.51%), Vitamin A: 549.42IU (10.99%), Folate: 40.13µg (10.03%), Fiber: 2.27g (9.09%),

Calcium: 60.13mg (6.01%), Vitamin E: 0.9mg (6%), Vitamin B12: 0.23µg (3.78%)