



Orange-Ginger Chicken and Veggies

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

READY IN



40 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 1 tablespoon canola oil
- 0.5 cup carrots shredded
- 0.3 cup cashew pieces unsalted
- 2 tablespoons chili sauce
- 3 cups rice hot cooked
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- 4 teaspoons cornstarch
- 1 teaspoon ginger fresh grated
- 2 garlic clove minced
- 1 cup chicken broth reduced-sodium
- 2 tablespoons soy sauce reduced-sodium
- 1 medium navel oranges
- 0.3 teaspoon hot sauce hot
- 1 medium bell pepper sweet red julienned
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 medium bell pepper sweet yellow julienned

Equipment

- bowl
- frying pan
- wok

Directions

- Grate orange peel, reserving 1-1/2 teaspoons. Peel and section orange; set orange sections aside. In a small bowl, combine cornstarch and ginger. Stir in the broth, soy sauce, chili sauce, hot pepper sauce and reserved grated orange peel until blended; set aside.
- In a large nonstick skillet or wok, stir-fry chicken and garlic in oil for 2-3 minutes or until lightly browned.
- Add the broccoli, peppers and carrot; stir-fry for 5 minutes or until the vegetables are crisp-tender. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; stir in cashews and reserved orange sections.
- Serve with rice.

Nutrition Facts



■ PROTEIN 21.08% ■ FAT 15.33% ■ CARBS 63.59%

Properties

Glycemic Index:127.01, Glycemic Load:109.96, Inflammation Score:-10, Nutrition Score:40.33434763162%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 767.94kcal (38.4%), Fat: 12.97g (19.96%), Saturated Fat: 2.22g (13.84%), Carbohydrates: 121.06g (40.35%), Net Carbohydrates: 115.7g (42.07%), Sugar: 7.71g (8.57%), Cholesterol: 72.57mg (24.19%), Sodium: 577.88mg (25.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.14g (80.28%), Vitamin C: 158.18mg (191.73%), Manganese: 2.13mg (106.55%), Selenium: 66.76µg (95.37%), Vitamin A: 4119.41IU (82.39%), Vitamin B3: 15.55mg (77.75%), Vitamin B6: 1.54mg (77.06%), Phosphorus: 550.94mg (55.09%), Vitamin K: 56.79µg (54.09%), Vitamin B5: 3.67mg (36.71%), Magnesium: 133.67mg (33.42%), Copper: 0.64mg (32.12%), Potassium: 1109.03mg (31.69%), Zinc: 3.55mg (23.69%), Folate: 87.22µg (21.81%), Fiber: 5.37g (21.47%), Vitamin B1: 0.29mg (19.56%), Vitamin B2: 0.32mg (19.01%), Iron: 2.87mg (15.94%), Vitamin E: 2.23mg (14.86%), Calcium: 101.38mg (10.14%), Vitamin B12: 0.29µg (4.76%)