



Orange-Ginger Chicken Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup dry-roasted peanuts unsalted chopped
- ☐ 1 cup green onions diagonally sliced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 0.5 cup low-salt chicken broth
- ☐ 8 ounce noodles chinese-style
- ☐ 0.3 cup orange juice concentrate undiluted thawed
- ☐ 16 ounce stir-fry vegetables fresh frozen not
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound skinned cut into strips
- ☐ 1 tablespoon vegetable oil
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Combine first 9 ingredients in a small bowl; stir well with a whisk. Set aside.
- ☐ Bring water to a boil in a large saucepan.
- ☐ Add noodles; cook 3 minutes.
- ☐ Drain and set aside.
- ☐ Heat oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add vegetables; stir-fry 2 minutes.
- ☐ Add chicken and green onions; stir-fry 3 minutes or until chicken is done.
- ☐ Add broth mixture; cook 1 minute or until thick, stirring constantly.
- ☐ Combine chicken mixture and noodles in a large bowl, and toss well. Spoon onto plates, and sprinkle with peanuts.

Nutrition Facts



 **PROTEIN 24.77%**  **FAT 18.93%**  **CARBS 56.3%**

Properties

Glycemic Index:24.83, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:23.511304342228%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 370.44kcal (18.52%), Fat: 7.93g (12.19%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 47.5g (17.27%), Sugar: 8.91g (9.9%), Cholesterol: 36.29mg (12.1%), Sodium: 633.73mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin A: 4091.91IU (81.84%), Selenium: 43.58µg (62.26%), Vitamin B3: 9.07mg (45.33%), Manganese: 0.86mg (43.16%), Vitamin K: 39µg (37.14%), Vitamin C: 29.62mg (35.9%), Vitamin B6: 0.66mg (33.09%), Phosphorus: 300.44mg (30.04%), Fiber: 5.53g (22.12%), Magnesium: 82.06mg (20.51%), Potassium: 695.57mg (19.87%), Copper: 0.32mg (16.07%), Folate: 63.27µg (15.82%), Vitamin B1: 0.23mg (15.54%), Vitamin B5: 1.31mg (13.13%), Vitamin B2: 0.22mg (12.83%), Iron: 2.16mg (12%), Zinc: 1.58mg (10.51%), Calcium: 71.75mg (7.17%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.13µg (2.22%)