



WHATSheATE



Orange Mandarin Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 11 ounce mandarin oranges in syrup light undrained canned
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

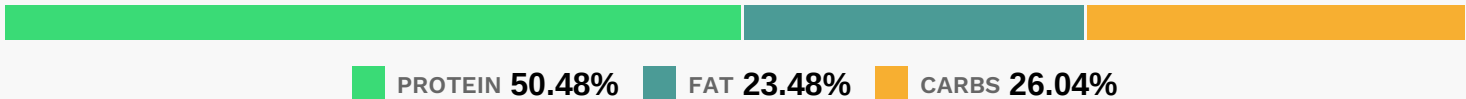
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until browned.
- ☐ While chicken cooks, drain oranges in a colander over a bowl, reserving 2 tablespoons liquid.
- ☐ Add oranges, 2 tablespoons liquid, onions, jalapeo, and garlic to pan. Reduce heat; simmer 2 minutes.
- ☐ Combine broth, soy sauce, and cornstarch; add to pan. Bring to a boil; cook 1 minute or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:4.13, Inflammation Score:-7, Nutrition Score:16.696956624155%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 202.76kcal (10.14%), Fat: 5.29g (8.13%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 11.27g (4.1%), Sugar: 8.79g (9.76%), Cholesterol: 72.57mg (24.19%), Sodium: 686.28mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin B3: 12.45mg (62.24%), Selenium: 37.31µg (53.3%), Vitamin B6: 0.96mg (47.99%), Vitamin C: 29.36mg (35.59%), Phosphorus: 271.33mg (27.13%), Vitamin K: 27.29µg (25.99%), Vitamin B5: 1.86mg (18.62%), Potassium: 622.14mg (17.78%), Vitamin A: 730.78IU (14.62%), Magnesium: 45.51mg (11.38%), Vitamin B2: 0.17mg (10.07%), Vitamin B1: 0.13mg (8.83%), Fiber: 1.93g (7.71%), Folate: 28.12µg (7.03%), Manganese: 0.13mg (6.46%), Zinc: 0.82mg (5.47%), Calcium: 49.32mg (4.93%), Iron: 0.87mg (4.81%), Vitamin B12: 0.28µg (4.73%), Copper: 0.09mg (4.45%), Vitamin E: 0.62mg (4.14%)