



 **75%**  
HEALTH SCORE

## Orange Stir-Fried Chicken

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**57 min.**

SERVINGS



**3**

CALORIES



**531 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon soy sauce reduced-sodium
- 1 teaspoon cornstarch
- 1 teaspoon ground ginger grated
- 1 garlic clove finely chopped
- 1 pound chicken breast boneless skinless cut into 1/4-inch strips
- 0.5 cup orange juice
- 2 teaspoons cornstarch
- 2 teaspoons vegetable oil

- 8 ounces mushrooms fresh thinly sliced
- 0.5 cup carrots shredded
- 4 cups rice hot cooked

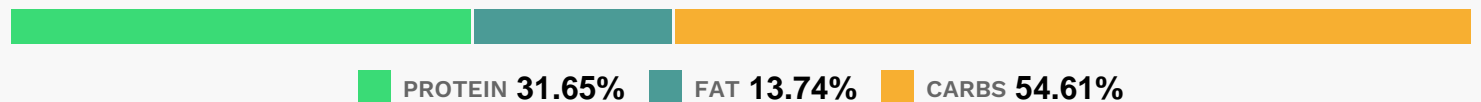
## Equipment

- bowl
- frying pan
- wok

## Directions

- Mix soy sauce, 1 teaspoon cornstarch, the gingerroot and garlic in medium glass or plastic bowl. Stir in chicken. Cover and refrigerate 30 minutes.
- Mix orange juice and 2 teaspoons cornstarch until cornstarch is dissolved; set aside.
- Heat 1 teaspoon of the oil in 10-inch nonstick skillet or wok over high heat.
- Add chicken; stir fry 4 to 6 minutes or until chicken is no longer pink in center.
- Remove chicken from skillet.
- Add remaining 1 teaspoon oil to skillet.
- Add mushrooms and carrot; stir-fry about 3 minutes or until mushrooms are tender. Stir in chicken and orange juice mixture.
- Heat to boiling, stirring constantly. Boil and stir about 30 seconds or until thickened.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:89.94, Glycemic Load:67.28, Inflammation Score:-10, Nutrition Score:31.875651774199%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg

Naringenin: 0.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 531.11kcal (26.56%), Fat: 7.95g (12.23%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 68.63g (24.96%), Sugar: 6.14g (6.83%), Cholesterol: 96.77mg (32.26%), Sodium: 388.94mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.2g (82.4%), Selenium: 71.87µg (102.68%), Vitamin B3: 19.85mg (99.24%), Vitamin B6: 1.48mg (73.9%), Vitamin A: 3692.26IU (73.85%), Manganese: 1.35mg (67.56%), Phosphorus: 499.37mg (49.94%), Vitamin B5: 4.27mg (42.71%), Vitamin C: 25.64mg (31.08%), Vitamin B2: 0.52mg (30.72%), Potassium: 1056.14mg (30.18%), Copper: 0.46mg (23.21%), Magnesium: 83.92mg (20.98%), Vitamin B1: 0.26mg (17.06%), Zinc: 2.45mg (16.36%), Folate: 44.14µg (11.03%), Fiber: 2.45g (9.8%), Iron: 1.74mg (9.65%), Vitamin K: 8.7µg (8.28%), Vitamin B12: 0.33µg (5.54%), Vitamin E: 0.8mg (5.36%), Calcium: 46.69mg (4.67%), Vitamin D: 0.3µg (2.02%)