



HEALTH SCORE

75%

Orange Stir-Fried Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



57 min.

SERVINGS



1

CALORIES



1593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 4 cups rice hot cooked
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 8 ounces mushrooms fresh thinly sliced
- ☐ 1 garlic clove finely chopped
- ☐ 1 teaspoon ground ginger grated
- ☐ 1 tablespoon soy sauce reduced-sodium

- ☐ 0.5 cup orange juice
- ☐ 1 pound chicken breast boneless skinless cut into 1/4-inch strips
- ☐ 2 teaspoons vegetable oil

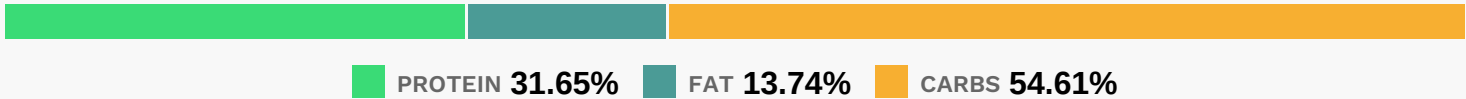
Equipment

- ☐ 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:269.83, Glycemic Load:201.83, Inflammation Score:-10, Nutrition Score:59.905216921931%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg,

Naringenin: 2.65mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 1593.34kcal (79.67%), Fat: 23.84g (36.68%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 213.25g (71.08%), Net Carbohydrates: 205.9g (74.87%), Sugar: 18.43g (20.48%), Cholesterol: 290.3mg (96.77%), Sodium: 1166.82mg (50.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.6g (247.21%), Selenium: 215.62µg (308.03%), Vitamin B3: 59.55mg (297.73%), Vitamin B6: 4.43mg (221.71%), Vitamin A: 11076.79IU (221.54%), Manganese: 4.05mg (202.69%), Phosphorus: 1498.12mg (149.81%), Vitamin B5: 12.81mg (128.13%), Vitamin C: 76.93mg (93.25%), Vitamin B2: 1.57mg (92.17%), Potassium: 3168.43mg (90.53%), Copper: 1.39mg (69.63%), Magnesium: 251.76mg (62.94%), Vitamin B1: 0.77mg (51.17%), Zinc: 7.36mg (49.07%), Folate: 132.41µg (33.1%), Fiber: 7.35g (29.39%), Iron: 5.21mg (28.94%), Vitamin K: 26.1µg (24.85%), Vitamin B12: 1µg (16.63%), Vitamin E: 2.41mg (16.09%), Calcium: 140.07mg (14.01%), Vitamin D: 0.91µg (6.05%)