



Orange Sweet-and-Sour Chicken Thighs with Bell Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 1 teaspoon bottled ginger fresh minced
- 1.5 tablespoons canola oil divided
- 1 tablespoon cornstarch
- 1 bell pepper green cut into 1/4-inch strips
- 2 tablespoons honey
- 3 tablespoons soya sauce low-sodium

- 1 cup prechopped onion
- 1 cup orange juice
- 1 bell pepper red cut into 1/4-inch strips
- 3.5 ounce boil-in-bag rice long-grain
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 1 pound chicken thighs boneless skinless

Equipment

- frying pan
- whisk

Directions

- Cook rice according to package directions, omitting salt and fat.
- While rice cooks, heat 1 tablespoon canola oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken with salt.
- Add chicken to pan, and cook 3 minutes on each side or until done.
- Remove chicken from pan, and cut into thin strips.
- While chicken cooks, combine orange juice, cornstarch, vinegar, soy sauce, and honey, stirring with a whisk.
- Add remaining 1 1/2 teaspoons oil to pan.
- Add onion, garlic, and ginger; saut for 1 minute.
- Add green bell pepper and red bell peppers strips, and saut for 2 minutes.
- Add orange juice mixture, and bring to a boil. Reduce heat, and simmer for 1 minute.
- Add the chicken to pan, and cook 1 minute or until thoroughly heated.
- Serve over rice.

Nutrition Facts



■ PROTEIN 27.73% ■ FAT 24.78% ■ CARBS 47.49%

Properties

Glycemic Index:82.36, Glycemic Load:21.17, Inflammation Score:-8, Nutrition Score:21.148695738419%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 380.16kcal (19.01%), Fat: 10.43g (16.05%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 42.55g (15.47%), Sugar: 17.61g (19.57%), Cholesterol: 107.73mg (35.91%), Sodium: 684.94mg (29.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin C: 96.46mg (116.93%), Selenium: 30.09µg (42.99%), Vitamin B6: 0.81mg (40.53%), Vitamin B3: 7.63mg (38.13%), Phosphorus: 299.66mg (29.97%), Manganese: 0.51mg (25.34%), Vitamin A: 1193.68IU (23.87%), Vitamin B5: 1.96mg (19.59%), Potassium: 661.74mg (18.91%), Vitamin B2: 0.31mg (18.26%), Zinc: 2.35mg (15.63%), Vitamin B1: 0.23mg (15.62%), Magnesium: 59.13mg (14.78%), Folate: 55.05µg (13.76%), Vitamin E: 1.82mg (12.11%), Vitamin B12: 0.73µg (12.1%), Vitamin K: 10.96µg (10.44%), Copper: 0.2mg (10.17%), Iron: 1.79mg (9.95%), Fiber: 2.43g (9.72%), Calcium: 45.53mg (4.55%)