



Sesame-Orange Shrimp and Chicken Stir-Fry

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli florets coarsely chopped
- ☐ 1 cup carrots chopped
- ☐ 3 cups rice long-grain hot cooked
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 garlic cloves chopped

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup mushrooms halved
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup orange juice
- ☐ 1.5 pounds shrimp cooked peeled
- ☐ 12 ounces chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 cup snow peas trimmed
- ☐ 1 tablespoon sugar
- ☐ 1 cup water

Equipment

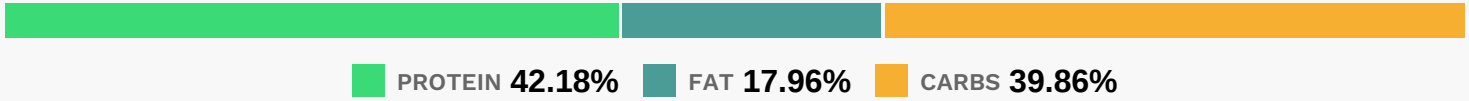
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare sauce, combine the first 11 ingredients in a large bowl, stirring with a whisk. Set aside.
- ☐ To prepare stir-fry, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan, and stir-fry for 4 minutes or until done.
- ☐ Remove chicken from pan, and keep warm.
- ☐ Add the remaining 1 tablespoon olive oil to pan.
- ☐ Add chopped broccoli and the next 5 ingredients (through garlic) to the pan; stir-fry for 4 minutes or until the vegetables are crisp-tender. Return chicken to pan, and stir in shrimp.

- ☐ Add sauce, and bring to a boil. Reduce heat, and simmer for 5 minutes or until the sauce thickens.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:77.15, Glycemic Load:27.43, Inflammation Score:-10, Nutrition Score:25.195217332114%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 388.61kcal (19.43%), Fat: 7.75g (11.92%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.91g (13.06%), Sugar: 6.16g (6.85%), Cholesterol: 218.86mg (72.95%), Sodium: 1108.59mg (48.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.86%), Vitamin A: 4003.68IU (80.07%), Vitamin C: 45.66mg (55.35%), Phosphorus: 484.91mg (48.49%), Selenium: 28.46µg (40.66%), Vitamin B3: 7.93mg (39.64%), Vitamin K: 41.09µg (39.14%), Manganese: 0.73mg (36.7%), Vitamin B6: 0.69mg (34.56%), Copper: 0.65mg (32.26%), Potassium: 903.58mg (25.82%), Magnesium: 92.54mg (23.14%), Vitamin B5: 1.88mg (18.79%), Zinc: 2.72mg (18.13%), Vitamin B2: 0.25mg (14.68%), Calcium: 127.12mg (12.71%), Folate: 50.06µg (12.52%), Iron: 2.11mg (11.74%), Fiber: 2.77g (11.08%), Vitamin B1: 0.15mg (10.22%), Vitamin E: 1.35mg (9%), Vitamin B12: 0.25µg (4.2%)