



Sichuan Orange Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings blood orange sauce
- 4 cups rice white hot cooked
- 0.3 cup green onions chopped (including tops)
- 0.5 teaspoon salad oil
- 4 servings soya sauce
- 1 pound boned

Equipment

- frying pan

Directions

- Rinse chicken, pat dry, and cut into 1/2-inch chunks.
- In a 12-inch nonstick frying pan or a 5- to 6-quart nonstick pan over high heat, stir chicken in oil until lightly browned and no longer pink in center of thickest part (cut to test), 4 to 5 minutes.
- Add blood orange sauce and stir until boiling, 1 to 2 minutes.
- Spoon chicken and sauce onto rice.
- Sprinkle with green onions and season to taste with soy sauce.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:51.64, Inflammation Score:-6, Nutrition Score:21.887825945149%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 394.19kcal (19.71%), Fat: 4.02g (6.18%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 56.59g (18.86%), Net Carbohydrates: 53.49g (19.45%), Sugar: 8.95g (9.94%), Cholesterol: 72.57mg (24.19%), Sodium: 1139.6mg (49.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.35%), Selenium: 48.77µg (69.67%), Vitamin B3: 13.46mg (67.29%), Vitamin C: 50.42mg (61.11%), Vitamin B6: 1.09mg (54.51%), Manganese: 0.89mg (44.25%), Phosphorus: 344.39mg (34.44%), Vitamin B5: 2.53mg (25.29%), Potassium: 693.18mg (19.81%), Magnesium: 65.89mg (16.47%), Vitamin B1: 0.2mg (13.1%), Vitamin K: 13.52µg (12.88%), Fiber: 3.1g (12.39%), Vitamin B2: 0.2mg (11.9%), Folate: 43.52µg (10.88%), Zinc: 1.6mg (10.64%), Copper: 0.21mg (10.48%), Iron: 1.35mg (7.48%), Calcium: 65.57mg (6.56%), Vitamin A: 298.83IU (5.98%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.56mg (3.75%)