



Spicy Ginger-and-Orange Chicken with Broccoli

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli cut into florets
- ☐ 0.5 cup chicken broth fat-free
- ☐ 3 tablespoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic clove minced
- ☐ 0.3 tsp ground pepper red

- ☐ 3 tablespoons soy sauce light
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon orange zest grated
- ☐ 2 large cranberry–orange relish peeled coarsely chopped
- ☐ 24 oz chicken breast halves cut into thin strips
- ☐ 0.5 small onion diced sweet

Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place chicken and soy sauce in a shallow dish or heavyduty zip–top plastic bag. Cover or seal, and chill for 15 minutes.
- ☐ Cook broccoli in boiling water for 3 minutes; drain. Plunge into ice water to stop the cooking; remove from water and set aside.
- ☐ Drain chicken, reserving soy sauce; dredge chicken slices in cornstarch.
- ☐ Brown chicken, in batches, in a large nonstick skillet coated with cooking spray over medium–high heat for 1 minute per side or until done.*
- ☐ Remove chicken from skillet, reserving drippings; keep chicken warm.
- ☐ Add reserved soy sauce, onion, ginger, orange rind, red pepper, garlic and sesame oil to reserved drippings in skillet. Saut for 2 to 3 minutes or until onion is tender.
- ☐ Add broth and marmalade to soy–sauce mixture, stirring until marmalade is melted. Return chicken to skillet. Bring to a boil for 1 minute. Slowly stir in broccoli and orange sections.
- ☐ Serve dish immediately.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:35.10478241029%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 9.49mg, Kaempferol: 9.49mg, Kaempferol: 9.49mg, Kaempferol: 9.49mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 385.59kcal (19.28%), Fat: 6.1g (9.39%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 36.42g (13.24%), Sugar: 25.05g (27.83%), Cholesterol: 109.45mg (36.48%), Sodium: 1113.63mg (48.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.37g (84.74%), Vitamin C: 156.49mg (189.69%), Vitamin K: 116.39µg (110.84%), Vitamin B3: 19.44mg (97.2%), Selenium: 58.7µg (83.86%), Vitamin B6: 1.64mg (82%), Phosphorus: 480.32mg (48.03%), Potassium: 1268.81mg (36.25%), Vitamin B5: 3.42mg (34.19%), Folate: 120.29µg (30.07%), Fiber: 6.02g (24.06%), Vitamin B2: 0.4mg (23.24%), Magnesium: 89.4mg (22.35%), Manganese: 0.44mg (22.07%), Vitamin A: 1026.95IU (20.54%), Vitamin B1: 0.31mg (20.42%), Calcium: 122.72mg (12.27%), Iron: 2.12mg (11.76%), Zinc: 1.69mg (11.29%), Copper: 0.22mg (11.15%), Vitamin E: 1.46mg (9.76%), Vitamin B12: 0.35µg (5.77%), Vitamin D: 0.17µg (1.13%)