



Spicy Ginger-and-Orange Chicken with Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli cut into florets
- ☐ 24 ounce chicken breast halves cut into thin strips
- ☐ 3 tablespoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 cup fat-skimmed beef broth fat-free reduced-sodium
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic clove minced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon orange zest grated
- ☐ 2 large cranberry-orange relish peeled coarsely chopped
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 small onion diced sweet

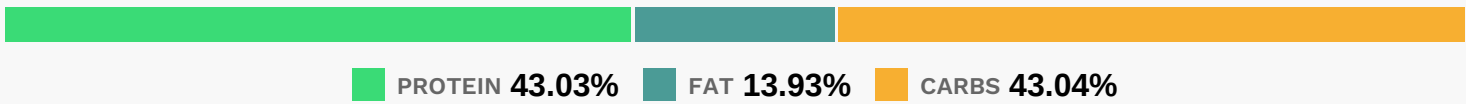
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place chicken and soy sauce in a shallow dish or heavy-duty zip-top plastic bag. Cover or seal, and chill 15 minutes.
- ☐ Cook broccoli in boiling water 3 minutes; drain. Plunge into ice water to stop the cooking process; drain. 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 1 minute on each side or until done.
- ☐ Remove chicken from skillet, reserving drippings in skillet; keep chicken warm.
- ☐ Add reserved soy sauce, onion, and next 5 ingredients to reserved drippings in skillet; saut 2 to 3 minutes or until vegetables are tender.
- ☐ Add chicken broth and marmalade, stirring until marmalade is melted. Return chicken to skillet. Bring to a boil; stir in broccoli and orange sections, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:35.176086752311%

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, 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, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 385kcal (19.25%), Fat: 6.09g (9.37%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 36.33g (13.21%), Sugar: 24.97g (27.74%), Cholesterol: 108.86mg (36.29%), Sodium: 1120.71mg (48.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.33g (84.67%), Vitamin C: 156.5mg (189.7%), Vitamin K: 116.4µg (110.85%), Vitamin B3: 19.53mg (97.67%), Selenium: 59.21µg (84.58%), Vitamin B6: 1.64mg (82.22%), Phosphorus: 482.31mg (48.23%), Potassium: 1272.28mg (36.35%), Vitamin B5: 3.45mg (34.51%), Folate: 120.59µg (30.15%), Fiber: 6.02g (24.08%), Vitamin B2: 0.38mg (22.57%), Magnesium: 89.41mg (22.35%), Manganese: 0.43mg (21.57%), Vitamin A: 1031.56IU (20.63%), Vitamin B1: 0.3mg (20.15%), Calcium: 122.7mg (12.27%), Iron: 2.14mg (11.87%), Copper: 0.22mg (11.2%), Zinc: 1.68mg (11.19%), Vitamin E: 1.46mg (9.71%), Vitamin B12: 0.4µg (6.62%), Vitamin D: 0.17µg (1.13%)