



Spicy Orange Chicken

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 bunch cilantro leaves for garnish
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon ginger root fresh grated
- ☐ 4 cloves garlic minced
- ☐ 1 bunch green onions separated sliced
- ☐ 1 jalapeno fresh sliced into rings
- ☐ 1 cup orange juice

- ☐ 2 tablespoons orange zest grated
- ☐ 1 bell pepper red cut into 2 inch pieces
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.3 cup rice vinegar
- ☐ 2 pounds chicken thighs boneless skinless cut into chunks
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup sugar snap peas

Equipment

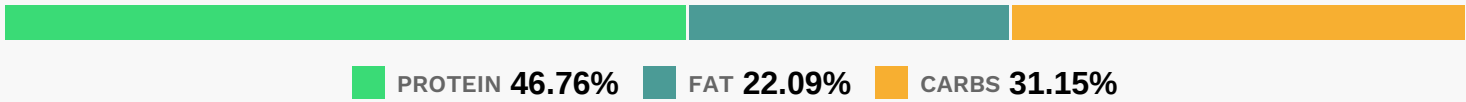
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Whisk orange juice, brown sugar, rice vinegar, fish sauce, soy sauce, ginger, and crushed red pepper flakes in a large bowl.
- ☐ Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 hour.
- ☐ Remove chicken from refrigerator and drain thoroughly in colander, reserving marinade.
- ☐ Heat a large non-stick skillet over high heat. Cook and stir chicken for 2 minutes; spoon out any excess liquid.
- ☐ Continue to cook and stir until chicken caramelizes, 6 to 7 minutes.
- ☐ Stir in white portions of green onions, garlic, and orange zest; cook and stir 2 to 3 minutes.
- ☐ Pour in half of reserved marinade. Simmer until reduced and thickened, 3 to 4 minutes.
- ☐ Stir in jalapeno pepper, bell pepper, and sugar snap peas; cook and stir until vegetables are warmed, about 2 minutes.
- ☐ Stir in green portions of green onions; cook and stir 1 minute.
- ☐ Remove from heat.

Garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:19.800869692927%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 269.06kcal (13.45%), Fat: 6.47g (9.95%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 19.19g (6.98%), Sugar: 17.03g (18.92%), Cholesterol: 143.64mg (47.88%), Sodium: 785.73mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.63%), Vitamin C: 58.27mg (70.63%), Selenium: 35.5µg (50.72%), Vitamin B3: 9.27mg (46.34%), Vitamin B6: 0.85mg (42.31%), Phosphorus: 312.23mg (31.22%), Vitamin A: 1091.85IU (21.84%), Vitamin B5: 2.1mg (20.97%), Vitamin K: 20.67µg (19.69%), Vitamin B2: 0.33mg (19.17%), Potassium: 598.84mg (17.11%), Zinc: 2.49mg (16.62%), Vitamin B12: 1µg (16.61%), Magnesium: 60.04mg (15.01%), Vitamin B1: 0.21mg (14.02%), Iron: 1.96mg (10.89%), Folate: 39.62µg (9.91%), Manganese: 0.17mg (8.64%), Copper: 0.15mg (7.38%), Vitamin E: 0.91mg (6.06%), Fiber: 1.34g (5.34%), Calcium: 49.41mg (4.94%)