



Spicy Orange Chicken Lo Mein

READY IN



110 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces button mushrooms sliced
- ☐ 0.5 cup chicken stock see
- ☐ 2 teaspoons sriracha
- ☐ 3 tablespoons cornstarch
- ☐ 1 tablespoon ginger grated
- ☐ 1 bunch green onions sliced
- ☐ 8 ounces lo mein noodles
- ☐ 1 cup orange juice concentrate frozen thawed
- ☐ 0.3 cup oyster sauce prepared

- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.5 bell pepper red thinly sliced
- ☐ 1 pound chicken breasts boneless skinless sliced
- ☐ 0.3 pound snowpeas cleaned
- ☐ 0.3 pound snowpeas cleaned

Equipment

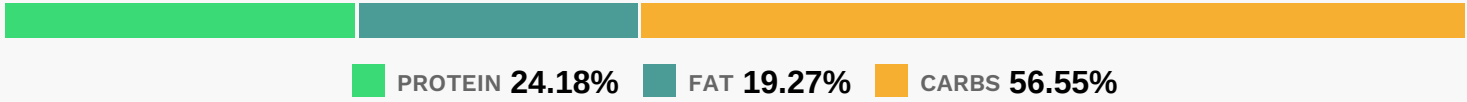
- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ wok
- ☐ colander

Directions

- ☐ If you are serving other foods or eating it as an appetizer, this dish serves 8 people. If you are eating this as a main dish, this dish serves 4 people.
- ☐ In a bowl or baking dish, toss chicken with 1 cup orange juice concentrate, cornstarch, chili garlic sauce, and ginger. Cover and refrigerate for 1 hour. Cook the noodles according to package directions.
- ☐ Drain and hold in a bowl of cold water.
- ☐ Remove chicken from refrigerator and drain into a colander; discard marinade. In a large skillet, combine chicken stock, remaining 1/4 cup orange juice concentrate, and oyster sauce. Cook sauce over medium-high heat until liquids reduce and sauce is thick, about 5 to 10 minutes. While sauce is reducing, heat 1 tablespoon oil in a large skillet over high heat.
- ☐ Add red pepper, peas, mushrooms, and green onions.
- ☐ Saute until tender yet still crisp.
- ☐ Remove from the heat and set aside.
- ☐ Heat a non-stick wok or large skillet over high heat.
- ☐ Add remaining 1 tablespoon oil to the pan and heat. Carefully drop 1/3 of the chicken into the wok and stir-fry so that all sides of the chicken get crispy. When the first 1/3 is fully cooked through, remove from pan and repeat with the remaining 2 portions.

- ☐
- Add all of the cooked chicken and sauteed vegetables to the skillet with the sauce and tossto combine.
- ☐
- Drain noodles and then add to pan with sauce. Stir to coat noodles with sauce.
- ☐
- Transfer to a large serving platter.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:13.116956640845%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 274.22kcal (13.71%), Fat: 5.85g (9%), Saturated Fat: 1g (6.25%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 37.28g (13.56%), Sugar: 11.68g (12.97%), Cholesterol: 36.74mg (12.25%), Sodium: 502.95mg (21.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Vitamin C: 62.62mg (75.9%), Vitamin B3: 7.29mg (36.43%), Selenium: 20.47µg (29.25%), Vitamin B6: 0.57mg (28.36%), Phosphorus: 162.82mg (16.28%), Potassium: 526.82mg (15.05%), Vitamin B5: 1.25mg (12.48%), Vitamin B2: 0.21mg (12.33%), Vitamin B1: 0.16mg (10.5%), Folate: 39.65µg (9.91%), Vitamin A: 414.78IU (8.3%), Magnesium: 31.39mg (7.85%), Vitamin E: 1.01mg (6.75%), Vitamin K: 6.89µg (6.56%), Copper: 0.11mg (5.54%), Fiber: 1.36g (5.44%), Zinc: 0.52mg (3.5%), Iron: 0.54mg (3.02%), Manganese: 0.05mg (2.7%), Vitamin B12: 0.16µg (2.65%), Calcium: 23.17mg (2.32%)