



Spicy Orange Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken cutlets
- ☐ 1 tablespoon cornstarch
- ☐ 10 ounces rice long-grain white
- ☐ 0.8 cup orange juice
- ☐ 2 teaspoons orange zest finely grated
- ☐ 1 small onion red halved thinly sliced
- ☐ 1 pinch pepper dried red crushed
- ☐ 3 tablespoons soya sauce

- ☐ 8 ounce sugar snap peas
- ☐ 2 tablespoons vegetable oil

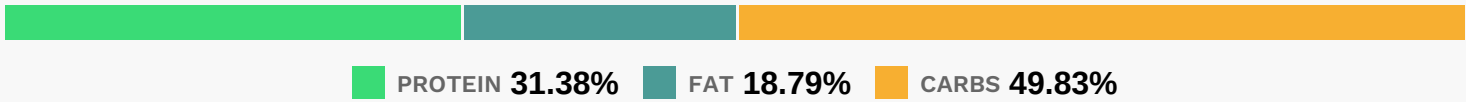
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ Cook rice according to package directions.Cover to keep warm; set aside.
- ☐ Meanwhile, whisk juice, soy sauce, andcornstarch in medium bowl until cornstarchdissolves.
- ☐ Mix in orange peel.
- ☐ Heat oil in large wok or nonstick skilletover high heat.
- ☐ Add onion and crushed redpepper. Stir-fry 30 seconds.
- ☐ Sprinkle chickenwith salt and pepper.
- ☐ Add to wok and stir-fryuntil onion is crisp-tender and chicken is justcooked through, about 4 minutes.
- ☐ Add sugarsnap peas and juice mixture. Toss untilsauce thickens and comes to boil and peasare crisp-tender, about 2 minutes. Seasonwith salt and pepper.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:24.82, Inflammation Score:-7, Nutrition Score:20.621304097383%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 390.14kcal (19.51%), Fat: 7.95g (12.23%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 45.33g (16.48%), Sugar: 5.1g (5.67%), Cholesterol: 72.57mg (24.19%), Sodium: 639.61mg (27.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.76%), Vitamin B3: 13.32mg (66.59%), Selenium: 43.93µg (62.76%), Vitamin B6: 1.04mg (52.06%), Vitamin C: 41.8mg (50.67%), Manganese: 0.7mg (34.86%), Phosphorus: 335.16mg (33.52%), Vitamin B5: 2.5mg (24.97%), Potassium: 659.13mg (18.83%), Vitamin K: 18.18µg (17.32%), Magnesium: 59.42mg (14.86%), Vitamin B1: 0.2mg (13.66%), Vitamin B2: 0.2mg (11.5%), Iron: 1.91mg (10.63%), Vitamin A: 515.01IU (10.3%), Copper: 0.2mg (9.94%), Folate: 38.8µg (9.7%), Zinc: 1.36mg (9.09%), Fiber: 2.13g (8.52%), Vitamin E: 0.81mg (5.4%), Calcium: 45.74mg (4.57%), Vitamin B12: 0.23µg (3.78%)