



Sweet & Sticky Orange Chicken

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 0.5 tsp pepper red crushed
- 1 clove garlic minced
- 1 Tbsp gingerroot minced
- 1 large navel oranges
- 1 large bell pepper red cut into bite-size pieces
- 1 lb chicken thighs boneless skinless cut into bite-size pieces
- 2 Tbsp lite soy sauce

2 Tbsp sugar

Equipment

bowl

frying pan

knife

Directions

Grate 1 tsp. zest from orange. Use small sharp knife to cut remaining peel and white pith from orange; cut orange into bite-size pieces.

Mix zest, dressing, soy sauce, sugar and crushed pepper.

Cook chicken in nonstick skillet on high heat 5 to 6 min. or until done, stirring frequently.

Add ginger and garlic; cook and stir on medium-high heat 2 min.

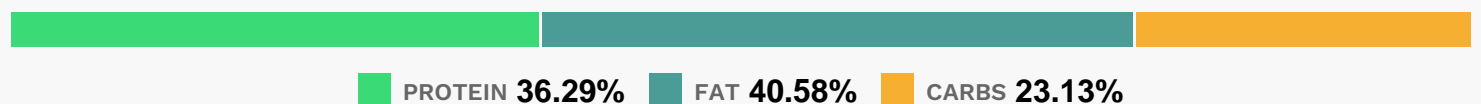
Add red peppers; cook 2 min. or until crisp-tender, stirring frequently.

Transfer to bowl; cover to keep warm.

Add dressing mixture to skillet; cook and stir 1 to 2 min. or until thickened, stirring constantly.

Add chicken mixture; cook and stir 2 min. or until heated through. Stir in oranges; spoon onto platter.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:4.88, Inflammation Score:-8, Nutrition Score:17.837391293567%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 263.7kcal (13.18%), Fat: 11.98g (18.43%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.37g (4.86%), Sugar: 12.19g (13.55%), Cholesterol: 107.73mg (35.91%), Sodium: 766.42mg (33.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Vitamin C: 73.49mg (89.08%), Selenium: 26.2µg (37.42%), Vitamin B3: 7.29mg (36.43%), Vitamin B6: 0.69mg (34.35%), Vitamin A: 1477.19IU (29.54%), Phosphorus: 250.74mg (25.07%), Vitamin B5: 1.63mg (16.26%), Vitamin B2: 0.27mg (16%), Potassium: 481.31mg (13.75%), Vitamin K: 14.33µg (13.64%), Zinc: 1.93mg (12.9%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.79mg (11.91%), Vitamin B1: 0.16mg (10.39%), Magnesium: 39.76mg (9.94%), Folate: 37.2µg (9.3%), Iron: 1.51mg (8.37%), Fiber: 2g (7.99%), Manganese: 0.14mg (7.01%), Copper: 0.11mg (5.27%), Calcium: 35.42mg (3.54%)