



Tangerine Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup baby carrots cut in half lengthwise in half



2 cups broccoli florets fresh



8 oz water chestnuts drained sliced canned



1 tablespoon canola oil



2 teaspoons cornstarch



0.3 cup cilantro leaves fresh finely chopped



4 oz mushrooms fresh whole cut into quarters



0.5 cup orange juice fresh

- ☐ 1.3 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons water

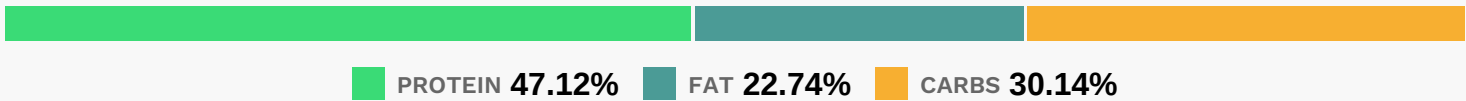
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In small bowl, mix juice, soy sauce and cornstarch until cornstarch is dissolved; set aside.
- ☐ In 12-inch wok or nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 4 to 5 minutes, stirring frequently, until no longer pink in center.
- ☐ Add carrots; cook 2 to 3 minutes.
- ☐ Add broccoli, mushrooms, water chestnuts and water; cook 3 to 4 minutes longer, stirring frequently, until vegetables are crisp-tender.
- ☐ Reduce heat to low. Stir juice mixture, then stir into chicken mixture. Cook and stir 1 minute or until sauce is slightly thickened.
- ☐ Sprinkle individual servings with 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:31.593043508737%

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 Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 299.25kcal (14.96%), Fat: 7.62g (11.72%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 17.86g (6.49%), Sugar: 7.98g (8.86%), Cholesterol: 90.72mg (30.24%), Sodium: 1293.82mg (56.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.02%), Vitamin A: 4868.27IU (97.37%), Vitamin B3: 17.49mg (87.47%), Vitamin C: 60.62mg (73.48%), Selenium: 50.27µg (71.81%), Vitamin B6: 1.4mg (69.88%), Vitamin K: 55.5µg (52.86%), Phosphorus: 409.06mg (40.91%), Vitamin B5: 3.1mg (30.96%), Potassium: 1046.79mg (29.91%), Vitamin B2: 0.38mg (22.49%), Fiber: 4.86g (19.44%), Manganese: 0.38mg (18.77%), Magnesium: 68.21mg (17.05%), Folate: 66.3µg (16.57%), Copper: 0.31mg (15.74%), Iron: 2.6mg (14.44%), Vitamin B1: 0.21mg (13.68%), Vitamin E: 1.72mg (11.46%), Zinc: 1.65mg (11%), Calcium: 51.16mg (5.12%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.2µg (1.32%)