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Orange Chicken Stir-Fry

This delicious stir-fry recipe combines tender chicken pieces with fresh vegetables in a tangy orange sauce. It's a quick and easy dish that can be served over rice or noodles.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
1 c	orange juice
3 tbsp	soy sauce
3 cloves	garlic
2 tsp	Ginger
2 tbsp	vegetable oil

2 c	broccoli
2 c	Carrots
1 c	bell pepper
2 tbsp	cornstarch
2 tbsp	water
1 tsp	salt

Directions

Step 1

In a small bowl, whisk together orange juice, soy sauce, minced garlic, grated ginger, cornstarch, water, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stir-frying

Heat vegetable oil in a large skillet or wok over medium-high heat. Add chicken and cook until browned and cooked through, about 5-7 minutes. Remove chicken from the skillet and set aside.

Prep Time: 10 mins

Cook Time: 7 mins

Step 3

Stir-frying

In the same skillet, add broccoli, carrots, and bell pepper. Stir-fry for 3-4 minutes until vegetables are crisp-tender.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Stir-frying

Return the chicken to the skillet and pour the orange sauce over the chicken and vegetables. Cook for an additional 2-3 minutes until the sauce thickens and coats the chicken and vegetables.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Serve the orange chicken stir-fry over rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	65 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Cuisines

Italian American

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein

Kitchen Tools

Stove

Course

Appetizers Side Dishes Sauces & Dressings

Cooking Method

Steaming Microwaving Simmering Cooking None Stir-frying Mashing

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease

Inflammatory bowel disease (IBD)

Difficulty Level

Easy

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