

# Orange Broccoli

By Whisper on May 23, 2005 | ★ ★ ★ ★ ★ 2 Reviews



**Prep Time:** 15 mins **Total Time:** 20 mins **Servings:** 4

## About This Recipe

"Adding orange juice to this Oriental version of stir-fried broccoli gives it a whole new dimension! This recipe comes from Lean and Luscious and Meatless."



Photo by AcadiaTwo

## Ingredients

- 1/2 cup orange juice
- 1 tablespoon soy sauce
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 2 teaspoons honey
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil
- 4 cups broccoli, cut into small flowerets

## Directions

1. In a small bowl, combine orange juice, soy sauce, ginger, garlic powder, honey, and cornstarch.
2. Mix until corn starch is dissolved.
3. Set aside.
4. Heat oil in a large nonstick skillet over medium heat.
5. Add broccoli.
6. Cook, stirring frequently, until broccoli is bright green, about 2 minutes.
7. Stir orange juice mixture and pour over broccoli.
8. Cook, stirring, for a few minutes, until broccoli is evenly coated and sauce is thick and clear.



| NUTRITION FACTS         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (135 g) |               | Total Fat 3.8g           | 5%            |
| Servings Per Recipe: 4  |               | Saturated Fat 0.4g       | 2%            |
| Amount Per Serving      | % Daily Value | Cholesterol 0.0mg        | 0%            |
| Calories 96.7           |               | Sugars 7.1 g             |               |
| Calories from Fat 34    | 35%           | Sodium 282.1mg           | 11%           |
|                         |               | Total Carbohydrate 14.4g | 4%            |
|                         |               | Dietary Fiber 2.5g       | 10%           |
|                         |               | Sugars 7.1 g             | 28%           |
|                         |               | Protein 3.3g             | 6%            |

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