



Airman Anderson's Chicken

READY IN



110 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 cups chicken broth crushed
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup brown sugar dark
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons vegetable oil 2 cloves garlic white minced rinsed
- ☐ 1.5 cups orange juice

- ☐ 1 orange zest
- ☐ 2 teaspoons pepper flakes hot
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 scallions chopped
- ☐ 8 chicken thighs boneless skinless
- ☐ 4 servings vegetable oil for frying
- ☐ 4 servings worcestershire sauce

Equipment

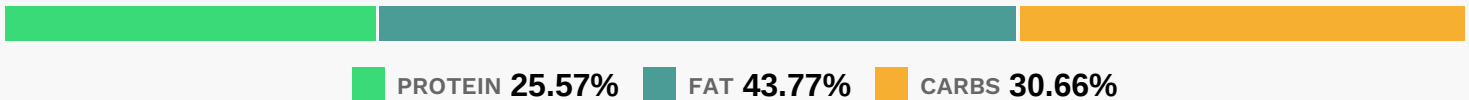
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ In a large heavy-bottomed pot, pour in enough oil to fill the pot about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted into the oil reaches 350 degrees F.
- ☐ Line a sheet tray with a wire cooling rack. Slice chicken into 2-inch pieces. In a large bowl, whisk together eggs, cayenne, salt and black pepper to taste. In a paper bag, shake together salt, pepper, flour and cornstarch. Dip the chicken in batches, first in egg mixture, then in the flour mixture and shake to coat. Set on a wire rack and let sit 10 minutes. While chicken is resting, prepare sauce. In a large straight sided saute pan combine orange zest, orange juice, brown sugar, butter, hot pepper flakes and Worcestershire sauce. Stir, bring to a boil, then reduce heat and simmer until thickened, 5 to 8 minutes. Carefully place chicken in hot oil and fry until golden and crispy, 5 to 8 minutes.
- ☐ Transfer to the saute pan with the sauce and toss until evenly coated.
- ☐ Remove to a serving platter and serve on Stormy Rice.

- ☐
- In a medium saucepan, heat oil over medium–high heat.
- ☐
- Add garlic and rice and saute 4 minutes, stirring, so that the rice toasts and the garlic cooks.
- ☐
- Add the chicken broth to the rice mixture, bring to a boil, then reduce heat to a simmer. Cover and cook for 15 minutes.
- ☐
- Remove from heat and let sit covered another 5 minutes. Stir in the peanuts, scallions, and salt and pepper, to taste. Rice can be made 1 day ahead, then warmed and combined with other ingredients before serving.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:22.47, Inflammation Score:–8, Nutrition Score:32.947826022687%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 810.43kcal (40.52%), Fat: 39.16g (60.24%), Saturated Fat: 15.33g (95.8%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 59.82g (21.75%), Sugar: 26.76g (29.73%), Cholesterol: 344.04mg (114.68%), Sodium: 825.48mg (35.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.48g (102.97%), Selenium: 69.82µg (99.74%), Vitamin B3: 15.33mg (76.63%), Vitamin C: 56.19mg (68.11%), Vitamin B6: 1.15mg (57.43%), Phosphorus: 534.87mg (53.49%), Vitamin B2: 0.78mg (45.86%), Vitamin B1: 0.58mg (38.65%), Vitamin B5: 3.45mg (34.46%), Vitamin K: 31.39µg (29.89%), Vitamin B12: 1.7µg (28.36%), Vitamin A: 1399.84IU (28%), Folate: 111.75µg (27.94%), Zinc: 4.16mg (27.74%), Potassium: 914.82mg (26.14%), Iron: 4.4mg (24.46%), Magnesium: 79.47mg (19.87%), Manganese: 0.39mg (19.28%), Vitamin E: 2.82mg (18.82%), Copper: 0.28mg (13.83%), Calcium: 85.26mg (8.53%), Fiber: 1.91g (7.64%), Vitamin D: 0.44µg (2.93%)