



## Asian Orange Chicken

 Dairy Free  Popular

READY IN



200 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup brown sugar packed
- 3 tablespoons cornstarch
- 1 cup flour all-purpose
- 0.5 teaspoon ginger root fresh minced
- 0.5 teaspoon garlic minced
- 2 tablespoons green onion chopped
- 0.3 cup juice of lemon
- 3 tablespoons olive oil

- 2 tablespoons orange juice
- 1 tablespoon orange zest grated
- 0.3 teaspoon pepper
- 0.3 teaspoon pepper flakes red
- 0.3 cup rice vinegar
- 0.3 teaspoon salt
- 2 chicken breasts boneless skinless cut into 1/2 inch pieces
- 2.5 tablespoons soya sauce
- 2 tablespoons water

## Equipment

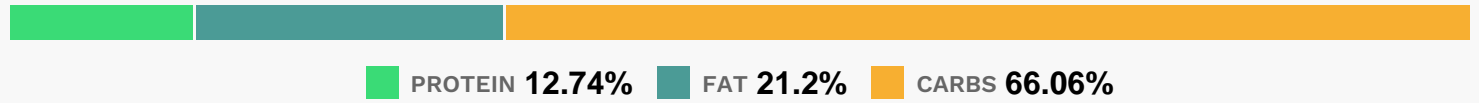
- frying pan
- paper towels
- sauce pan
- aluminum foil
- ziploc bags

## Directions

- Pour 1 1/2 cups water, orange juice, lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil.
- Remove from heat, and cool 10 to 15 minutes.
- Place the chicken pieces into a resealable plastic bag. When contents of saucepan have cooled, pour 1 cup of sauce into bag. Reserve the remaining sauce. Seal the bag, and refrigerate at least 2 hours.
- In another resealable plastic bag, mix the flour, salt, and pepper.
- Add the marinated chicken pieces, seal the bag, and shake to coat.
- Heat the olive oil in a large skillet over medium heat.
- Place chicken into the skillet, and brown on both sides.
- Drain on a plate lined with paper towels, and cover with aluminum foil.

- Wipe out the skillet, and add the sauce. Bring to a boil over medium-high heat.
- Mix together the cornstarch and 2 tablespoons water; stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.

## Nutrition Facts



### Properties

Glycemic Index:75.25, Glycemic Load:17.89, Inflammation Score:-4, Nutrition Score:13.459130618883%

### Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

### Nutrients (% of daily need)

Calories: 524.44kcal (26.22%), Fat: 12.37g (19.03%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 86.76g (28.92%), Net Carbohydrates: 85.38g (31.05%), Sugar: 54.82g (60.91%), Cholesterol: 36.16mg (12.05%), Sodium: 859.82mg (37.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.47%), Selenium: 29.84µg (42.63%), Vitamin B3: 8.34mg (41.7%), Vitamin B6: 0.5mg (25.25%), Vitamin B1: 0.3mg (20.28%), Manganese: 0.36mg (18.05%), Phosphorus: 176.18mg (17.62%), Folate: 70.09µg (17.52%), Vitamin C: 13.56mg (16.44%), Iron: 2.54mg (14.11%), Vitamin B2: 0.24mg (14.03%), Vitamin K: 13.09µg (12.47%), Vitamin E: 1.73mg (11.56%), Potassium: 391.04mg (11.17%), Vitamin B5: 1.11mg (11.08%), Magnesium: 34.87mg (8.72%), Calcium: 65.34mg (6.53%), Copper: 0.12mg (6.08%), Fiber: 1.38g (5.5%), Zinc: 0.66mg (4.38%), Vitamin A: 108.86IU (2.18%), Vitamin B12: 0.11µg (1.88%)