



Chinese Orange Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 pound chicken thighs boneless skinless dry cut into 1 1/2-inch pieces
- ☐ 1 teaspoon cider vinegar (not seasoned)
- ☐ 4 servings rice cooked for serving
- ☐ 2 teaspoons cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons ginger fresh minced peeled (from 1-inch piece)
- ☐ 2 cloves garlic minced

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 oranges
- ☐ 4 servings scallion greens thinly sliced for garnish
- ☐ 1 teaspoon rice wine dry chinese
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons sugar

Equipment

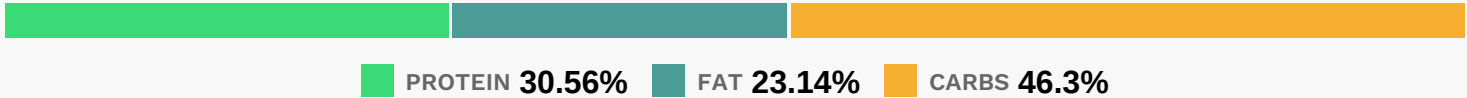
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ microwave
- ☐ slotted spoon
- ☐ peeler
- ☐ microplane

Directions

- ☐ In a shallow, medium bowl toss the chicken pieces with the soy sauce and wine.
- ☐ Let stand while you make the sauce.
- ☐ Using a vegetable peeler, remove 4 lengthwise strips of zest from 1 orange—each strip should be about 3/4 inch wide and 3 1/2 to 4 inches long. Arrange the zest in one layer between paper towels and microwave on high in 20-second increments until dry and brittle but not browned, 60 to 80 seconds total.
- ☐ Let the zest cool then finely chop it. If desired, use a Microplane to remove some of the remaining zest from the orange and reserve it for garnish. (If desired, zest the second orange for additional garnish.)

- ☐ Squeeze enough juice from both oranges to measure 1/2 cup. In a small bowl, whisk together the juice and 2 teaspoons cornstarch until the cornstarch is dissolved.
- ☐ In a 10-inch skillet, heat 1 tablespoon oil over moderate heat until hot but not smoking.
- ☐ Add the garlic, ginger, crushed red pepper, and dried orange zest and stir-fry until golden, about 30 seconds.
- ☐ Add the soy sauce, wine, vinegar, and sugar and stir until the sugar dissolves, about 5 seconds. Stir the orange juice–cornstarch mixture then add it to the skillet. Bring the sauce to a boil, stirring, then reduce the heat to low and simmer, uncovered, for 1 minute.
- ☐ Remove the skillet from the heat and set it aside while you fry the chicken.
- ☐ Line a large rimmed baking sheet with paper towels.
- ☐ In a 10-inch cast-iron skillet, heat 1/2 inch of oil until a deep-fry thermometer registers 365°F. Meanwhile, coat half of the chicken, a couple pieces at a time, in cornstarch, making sure they are well coated and gently knocking off any excess, then transfer to a plate. Carefully add all the coated chicken to the hot oil, spacing the pieces apart from each other. Fry the chicken, turning it once or twice, until deep golden, about 5 minutes. While frying, adjust the heat as necessary to keep the oil at 365°F. Using a metal spider or a slotted spoon, transfer the chicken as done to the paper-towel-lined baking sheet. Continue to coat and fry the remaining chicken in the same manner, returning the oil to 365°F between batches.
- ☐ Once the chicken is fried, place the skillet of reserved orange sauce over moderately low heat and bring it to a simmer, stirring and thinning the sauce with a little water if necessary.
- ☐ Add the chicken, and stir until thoroughly coated in sauce.
- ☐ Transfer the chicken to a serving dish and garnish with the scallions, and, if desired, the red chile slices and the freshly grated orange zest.
- ☐ Serve immediately with rice.

Nutrition Facts



Properties

Glycemic Index:88.4, Glycemic Load:30.99, Inflammation Score:-5, Nutrition Score:16.279999940292%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 336.53kcal (16.83%), Fat: 8.53g (13.12%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 36.23g (13.18%), Sugar: 12.38g (13.75%), Cholesterol: 107.73mg (35.91%), Sodium: 332.11mg (14.44%), Alcohol: 0.2g (100%), Alcohol %: 0.09% (100%), Protein: 25.34g (50.68%), Selenium: 32.26µg (46.09%), Vitamin C: 36.49mg (44.23%), Vitamin B3: 7mg (34.98%), Vitamin B6: 0.65mg (32.6%), Phosphorus: 269.13mg (26.91%), Manganese: 0.47mg (23.69%), Vitamin B5: 1.87mg (18.67%), Vitamin K: 18.3µg (17.43%), Vitamin B2: 0.26mg (15.15%), Zinc: 2.24mg (14.96%), Potassium: 470.61mg (13.45%), Vitamin B1: 0.18mg (12.27%), Vitamin B12: 0.73µg (12.1%), Magnesium: 47.74mg (11.93%), Fiber: 2.17g (8.66%), Copper: 0.17mg (8.25%), Folate: 32.6µg (8.15%), Iron: 1.36mg (7.57%), Vitamin E: 1.04mg (6.95%), Calcium: 53.44mg (5.34%), Vitamin A: 253.08IU (5.06%)