






 **11%**
HEALTH SCORE

Chinese Take-Out General Tso's Chicken

 **Gluten Free**  **Dairy Free**

READY IN

60 min.

SERVINGS

6

CALORIES

716 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 10 peppercorns black crushed
- 2 cups broccoli florets
- 1.5 lbs chicken boneless cut into 1-inch cubes
- 1 tablespoon chili paste depending on your taste pref with garlic
- 5 chili peppers hot cut in half
- 4 tablespoons cornstarch
- 1 large eggs beaten
- 1 inch ginger fresh minced peeled

- 3 garlic clove minced
- 3 spring onion thinly sliced for garnish
- 2 tablespoons hoisin sauce
- 3 tablespoons mirin
- 1 bell pepper red seeded thinly sliced
- 0.3 cup rice vinegar
- 2 teaspoons sesame oil
- 0.3 cup soya sauce
- 1 tablespoon soya sauce
- 0.3 cup sugar
- 2 cups vegetable oil for frying ()
- 6 servings rice white for serving
- 6 servings rice white for serving

Equipment

- bowl
- paper towels
- pot
- slotted spoon

Directions

- In a medium bowl, combine the egg, 3 tablespoons of cornstarch, 1 tablespoon of soy sauce, and 1 tablespoon mirin.
- Add the chicken and let it marinate at room temperature while you assemble the rest of the ingredients. In a separate bowl, combine the remaining tablespoon of cornstarch, the remaining 1/4 cup soy sauce, the remaining 2 tablespoons mirin, and the rice vinegar, sugar, hoisin, chili paste, peppercorns, sesame oil, and 1/2 cup water. Set aside. In a heavy pot over medium heat, heat 3 inches of oil to 360F.
- Add about 10 pieces of chicken to the hot oil and fry until brown and crispy, about 2 minutes.

- Remove from the oil with a slotted spoon and drain on paper towels. Repeat with the remaining chicken. Set aside.
- Remove all but 3 tablespoons of oil from the pot and add the chilies, ginger, and garlic, and cook for 30 seconds.
- Add the broccoli and bell pepper and stir-fry, tossing the vegetables for 2 minutes or until they are brightly colored and partially cooked.
- Add the cooked chicken to the pot along with the reserved sauce and cook, stirring, until the sauce thickens and the vegetables are tender, about 2 minutes. To serve, sprinkle green onions over the top and serve hot with rice.

Nutrition Facts

PROTEIN 11.62% **FAT 32.8%** **CARBS 55.58%**

Properties

Glycemic Index:74.24, Glycemic Load:51.1, Inflammation Score:-8, Nutrition Score:21.920000112575%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 716.25kcal (35.81%), Fat: 25.92g (39.88%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 98.86g (32.95%), Net Carbohydrates: 95.78g (34.83%), Sugar: 14.07g (15.63%), Cholesterol: 71.98mg (23.99%), Sodium: 927.41mg (40.32%), Alcohol: 0.85g (100%), Alcohol %: 0.32% (100%), Protein: 20.66g (41.32%), Vitamin K: 72.98µg (69.51%), Vitamin C: 55.55mg (67.33%), Manganese: 1.25mg (62.37%), Selenium: 25.83µg (36.89%), Vitamin B3: 6.26mg (31.31%), Vitamin B6: 0.53mg (26.36%), Phosphorus: 254.33mg (25.43%), Vitamin A: 1108.02IU (22.16%), Vitamin B5: 1.87mg (18.66%), Copper: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.55%), Vitamin E: 2.18mg (14.55%), Zinc: 2.13mg (14.19%), Magnesium: 53.3mg (13.32%), Folate: 50.8µg (12.7%), Potassium: 438.91mg (12.54%), Iron: 2.25mg (12.52%), Fiber: 3.09g (12.34%), Vitamin B1: 0.15mg (9.99%), Calcium: 65.81mg (6.58%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.28µg (1.84%)