



Deb's General Tso's Chicken

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cornstarch
- 0.3 cup cooking sherry dry
- 3 eggs
- 2 tablespoons ginger fresh minced to taste
- 2 teaspoons garlic minced
- 12 chilies dried whole red to taste
- 0.3 cup rice vinegar
- 2 pounds chicken thighs boneless skinless cut into bite-sized pieces

- 2.5 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 0.3 cup distilled vinegar white
- 1.5 cups sugar white

Equipment

- frying pan
- paper towels
- sauce pan
- mixing bowl
- wok

Directions

- Heat the frying oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Beat the eggs in a mixing bowl until smooth.
- Mix in the 1/2 cup plus 2 teaspoons cornstarch until no lumps remain.
- Mix in the chicken until evenly coated in the batter.
- In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until the chicken turns golden brown and begins to float, about 3 minutes.
- Drain on a paper towel-lined plate.
- Meanwhile, combine the sugar, white vinegar, rice vinegar, sherry, soy sauce, and garlic in a small saucepan. Bring to a boil over medium-high heat. Stir constantly until the sugar has dissolved and the sauce thickens to the consistency of light pancake syrup, about 3 minutes.
- Remove from the heat and keep warm.
- Heat 2 tablespoons vegetable oil in a wok or large skillet over medium-high heat. Stir in the dried chiles and ginger; cook and stir until the ginger begins to brown, about 30 seconds.
- Remove the chiles and ginger from the wok and stir them into the sauce.
- Place the fried chicken cubes into the wok and cook until very crispy and dark golden brown.
- Serve the chicken with the sauce.

Nutrition Facts

PROTEIN 28.6% FAT 25.6% CARBS 45.8%

Properties

Glycemic Index:40.85, Glycemic Load:35.15, Inflammation Score:-4, Nutrition Score:15.54260883124%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 469.62kcal (23.48%), Fat: 13.09g (20.14%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 52.28g (19.01%), Sugar: 50.67g (56.3%), Cholesterol: 225.48mg (75.16%), Sodium: 587.62mg (25.55%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 32.9g (65.8%), Selenium: 41.61µg (59.45%), Vitamin B3: 8.88mg (44.4%), Vitamin B6: 0.75mg (37.72%), Phosphorus: 342.7mg (34.27%), Vitamin B2: 0.4mg (23.79%), Vitamin B5: 2.2mg (22.05%), Vitamin B12: 1.16µg (19.39%), Zinc: 2.66mg (17.76%), Vitamin K: 13.93µg (13.27%), Potassium: 457.63mg (13.08%), Magnesium: 43.78mg (10.95%), Iron: 1.93mg (10.7%), Vitamin B1: 0.15mg (10.21%), Vitamin A: 420.06IU (8.4%), Copper: 0.13mg (6.33%), Manganese: 0.12mg (6.19%), Vitamin E: 0.91mg (6.08%), Folate: 18.63µg (4.66%), Calcium: 32.75mg (3.27%), Vitamin D: 0.44µg (2.93%), Fiber: 0.42g (1.68%)