



General Tao Chicken



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons cornstarch
- ☐ 2 eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 tablespoons ginger root fresh grated
- ☐ 0.5 cup green onion chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup catsup

- ☐ 0.3 cup oyster sauce
- ☐ 1 teaspoon salt
- ☐ 4 teaspoons sesame oil
- ☐ 2 pounds chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 0.3 cup distilled vinegar white
- ☐ 0.5 cup sugar white

Equipment


- ☐ frying pan
- ☐ mixing bowl
- ☐ wok

Directions

- ☐ Coat the chicken pieces with 1/4 cup of cornstarch; set aside.
- ☐ Beat the eggs, salt, and pepper in a mixing bowl until smooth. Stir in the flour and baking powder until no large lumps remain.
- ☐ Mix in the chicken until evenly coated.
- ☐ Heat the vegetable oil in a wok or large skillet over high heat. Drop in the chicken pieces; cook until golden brown and no longer pink on the inside, about 12 minutes. Set the chicken aside; keep warm.
- ☐ Reduce the heat to medium-high and stir in the sesame oil, ginger, and green onion. Cook and stir until the onion is limp and the ginger begins to brown, about 1 minute.
- ☐ Pour in the water, vinegar, and sugar; bring to a boil. Dissolve the cornstarch in the soy sauce and add to the simmering vinegar along with the oyster sauce and ketchup. Stir until the sauce has thickened and is no longer cloudy. Stir in the chicken and simmer until hot.

Nutrition Facts



 **PROTEIN 38.62%**  **FAT 28.68%**  **CARBS 32.7%**

Properties

Glycemic Index:63.52, Glycemic Load:16.19, Inflammation Score:-5, Nutrition Score:19.566087080085%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 376.5kcal (18.83%), Fat: 11.82g (18.18%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 29.67g (10.79%), Sugar: 19.18g (21.31%), Cholesterol: 151.33mg (50.44%), Sodium: 1347.65mg (58.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.61%), Vitamin B3: 16.81mg (84.05%), Selenium: 56.28µg (80.39%), Vitamin B6: 1.2mg (59.97%), Phosphorus: 386.7mg (38.67%), Vitamin B5: 2.45mg (24.54%), Vitamin K: 25.24µg (24.04%), Potassium: 669.47mg (19.13%), Vitamin B2: 0.3mg (17.88%), Magnesium: 50.34mg (12.58%), Vitamin B1: 0.17mg (11.5%), Iron: 1.61mg (8.97%), Folate: 35.71µg (8.93%), Manganese: 0.17mg (8.59%), Zinc: 1.22mg (8.13%), Vitamin B12: 0.47µg (7.88%), Calcium: 70.67mg (7.07%), Vitamin E: 0.98mg (6.53%), Copper: 0.11mg (5.7%), Vitamin A: 259.85IU (5.2%), Vitamin C: 3.92mg (4.75%), Vitamin D: 0.44µg (2.96%), Fiber: 0.64g (2.56%)