



General Tso Chicken

 Dairy Free

READY IN



130 min.

SERVINGS



1

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 cup chicken broth
- 1 teaspoon cornstarch
- 2 tablespoons cornstarch
- 0.1 cup sherry dry (or other white wine)
- 2 large egg yolk (yolks removed)
- 3 slices ginger (size of US quarter)
- 1 spring onion (scallion)
- 1 tablespoon hoisin sauce

- 1 tablespoon blackstrap molasses (or molasses)
- 0.5 cup panko bread crumbs
- 1 tablespoon plum sauce
- 5 chilies (dried whole red seeds removed)
- 2 tablespoons vinegar (white (or 1 Tbsp vinegar)
- 1 tablespoon sesame oil (red hot cold pressed toasted for sesame oil, and chiles canned (, NOT , 1 tbsp chili oil can be substituted)
- 1 chicken breast (boneless skinless)
- 1 teaspoon tamari sauce (dark (or Tamari soy sauce)
- 1 tablespoon sugar
- 0.3 cup coconut flakes (unsweetened ()
- 1 tablespoon water
- 1 garlic clove (whole)

Equipment

- bowl
- paper towels
- wire rack
- casserole dish
- stove
- wok
- deep fryer

Directions

- ***Chicken Preparation***.
- Start by slicing the chicken breast from wide end to thin end. About 1/4 inch strips.
- Place in ziplock bag along with cornstarch and egg whites.
- Combine and place in refrigerator for about 1 hour.(this will tenderize chicken).
- After 1 hour combine Panko bread crumbs and coconut flakes and lay out in casserole dish.

- Place chicken strips in dish and dredge to coat.
- Place strips on cooling rack folding each strip in half to make a "U" shape(this will help absorb sauce better)
- Place cooling rack in freezer while you prepare the sauce.(this will help chicken keep its "U" shape aswell as breading stick better).***Sauce Preperation***.Wisk in bowl all ingedients except water(to be added later)cover and place in refrigerator till needed.***Stir fry Preperation***.Chop deseeded Chiles into 1/4 inch pieces.
- Combine with Sesame oil and set aside. Slice ginger slices into thin strips. Smash garlic clove and mince. Chop green onion into 1/2 to 3/4 inch pieces.
- Combine and set aside.***To Fry Chicken***.
- Remove chicken from freezer and place in 350 F preheated deep fryer for 5 minutes.
- Remove and drain on paper towels and set aside. Start with step one immediately.***Step One***.
- Place Wok on stove set to medium. Toss in Chiles and oil and cook until oil starts to sizzle. Toss in garlic,ginger, and green onions. Stir for 1-2 minutes until green onions start to wilt.***Step Two***.Now toss in sauce and stir until sauce begins to bubble.
- Add water and remove from heat.***Step Three***.Toss chicken in Wok and stir until chicken is well coated. Spoon chicken and sauce over a bed of steamed rice, or fresh steamed broccoli and serve.

Nutrition Facts

PROTEIN 16.56% **FAT 42.38%** **CARBS 41.06%**

Properties

Glycemic Index:271.09, Glycemic Load:15.72, Inflammation Score:-8, Nutrition Score:33.943913003673%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 920.68kcal (46.03%), Fat: 42.34g (65.14%), Saturated Fat: 18.56g (116.03%), Carbohydrates: 92.29g (30.76%), Net Carbohydrates: 85.48g (31.08%), Sugar: 36.86g (40.96%), Cholesterol: 440.59mg (146.86%), Sodium: 1197.94mg (52.08%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 37.23g (74.46%), Selenium: 72.17µg (103.11%), Vitamin B3: 15.16mg (75.79%), Manganese: 1.47mg (73.64%), Vitamin B6: 1.33mg (66.28%), Phosphorus: 512.67mg (51.27%), Vitamin B2: 0.56mg (33.18%), Magnesium: 132.26mg (33.06%), Potassium: 1147.13mg (32.78%), Vitamin B5: 3.25mg (32.47%), Vitamin B1: 0.47mg (31.64%), Iron: 5.64mg (31.32%), Vitamin K: 32.21µg (30.68%), Fiber: 6.82g (27.27%), Vitamin A: 1316.01IU (26.32%), Folate: 104.08µg (26.02%), Copper: 0.5mg (25.05%), Calcium: 182.41mg (18.24%), Zinc: 2.67mg (17.81%), Vitamin B12: 1µg (16.66%), Vitamin D: 1.95µg (12.99%), Vitamin E: 1.62mg (10.83%), Vitamin C: 6.11mg (7.41%)