



General Tso's Chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds meat from a rotisserie chicken boneless skinless thinly sliced
- 1.5 cups chicken stock see
- 4 thai chilies dried red
- 6 servings cilantro leaves for garnish
- 6 servings rice white steamed for serving
- 0.5 cup cornstarch for slurry
- 1 large eggs lightly beaten
- 1 handful cilantro leaves fresh

- 1 piece ginger fresh peeled finely chopped
- 2 slices ginger fresh smashed
- 2 cloves garlic finely chopped
- 2 cloves garlic smashed
- 1 tablespoon honey
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup soya sauce low-sodium
- 2 tablespoons soya sauce low-sodium
- 3 strips orange zest thick
- 1 tablespoon vegetable oil; peanut oil preferred
- 6 servings vegetable oil; peanut oil preferred for frying
- 1 tablespoon rice vinegar
- 2 tablespoons rice vinegar
- 4 scallions plus more for garnish thinly sliced
- 1 teaspoon sesame oil toasted
- 0.5 cup water

Equipment

- bowl
- frying pan
- paper towels
- wok

Directions

- Put the marinade ingredients in a bowl.
- Add the chicken and stir well to combine all the flavors; cover, and marinate in the refrigerator for 30 minutes.
- Heat 2 inches of peanut oil in a wok or deep skillet to 375 degrees F.

- Mix the egg, cornstarch, water, and sesame oil in a large bowl until smooth and season with salt and pepper.
- Add the marinated chicken and coat it well with the batter. When the oil is hot, cook the chicken pieces in batches until they are browned and crisp, about 4 to 5 minutes per batch.
- Drain on paper towels. When you have fried all the chicken, pour off all but 2 tablespoons of oil. Over high heat, add the chilies, scallion, garlic, ginger, and orange zest. Stir-fry for 1 minute then pour in the soy sauce, chicken stock, vinegar, and honey and bring it to a boil.
- Mix the remaining 2 tablespoons cornstarch with 2 tablespoons cold water until smooth.
- Pour the slurry into the boiling sauce, in 2 additions, until the sauce thickens.
- Add the chicken pieces and cook until they are heated through, about 2 more minutes.
- Garnish with scallions and cilantro leaves.
- Serve with white rice.

Nutrition Facts



■ **PROTEIN 19.59%**
■ **FAT 40.06%**
■ **CARBS 40.35%**

Properties

Glycemic Index:87.38, Glycemic Load:26.77, Inflammation Score:-6, Nutrition Score:15.976521699325%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 425.26kcal (21.26%), Fat: 18.7g (28.76%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 41.01g (14.91%), Sugar: 5.81g (6.46%), Cholesterol: 87.23mg (29.08%), Sodium: 730.92mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Vitamin C: 47.52mg (57.59%), Vitamin B3: 6.85mg (34.25%), Selenium: 21.21µg (30.3%), Manganese: 0.59mg (29.6%), Vitamin B6: 0.59mg (29.57%), Vitamin K: 24.7µg (23.52%), Phosphorus: 221.87mg (22.19%), Vitamin B2: 0.26mg (15.47%), Potassium: 438.48mg (12.53%), Vitamin B5: 1.24mg (12.4%), Magnesium: 49.34mg (12.34%), Zinc: 1.82mg (12.12%), Vitamin A: 568.33IU (11.37%), Iron: 1.87mg (10.37%), Copper: 0.2mg (10.24%), Vitamin E: 1.51mg (10.1%), Folate: 33.66µg (8.41%), Vitamin B1: 0.12mg (8.12%), Fiber: 1.37g (5.47%), Vitamin B12: 0.3µg (4.99%), Calcium: 44.27mg (4.43%), Vitamin D: 0.31µg (2.08%)