



Orange Chicken



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 450 grams strips. boneless cut into 1.5-inch pieces)
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon rice wine
- ☐ 1 teaspoon ginger fresh grated ()
- ☐ 0.5 cup potato flour
- ☐ 4 servings vegetable oil for frying
- ☐ 0.8 cup orange juice
- ☐ 0.3 cup orange marmalade

- ☐ 0.5 tablespoon orange zest ()
- ☐ 0.5 teaspoon potato flour
- ☐ 0.5 teaspoon salt
- ☐ 0.3 bell pepper red minced for garnish (,)
- ☐ 0.5 teaspoon sesame seed toasted (for garnish)

Equipment

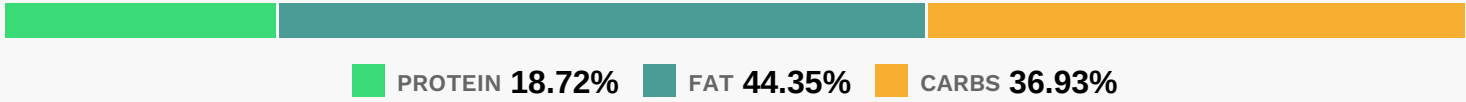
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Add
- ☐ the chicken, soy sauce, sake and fresh ginger to a bowl and mix
- ☐ together.
- ☐ Let the chicken marinate for at least 15 minutes, or
- ☐ preferably up to 8 hours.
- ☐ Add all the ingredients for the orange sauce into a pan and whisk together. When
- ☐ you're ready to make the orange chicken, preheat a heavy pot filled
- ☐ with 2-inches of vegetable oil to 340 degrees F (170 C). Prepare a paper
- ☐ towel lined rack.
- ☐ Add
- ☐ 1/2 cup potato starch to another bowl, and dust the chicken with the
- ☐ potato starch. You want an even coating, but it should not be caked on. Fry the chicken in batches until golden brown and cooked through, flipping a few times to ensure it browns evenly.
- ☐ Drain the chicken on the prepared rack. When all the chicken is done, heat the pan with the orange sauce, stirring constantly until it starts to thicken.

- ☐ Add
- ☐ the fried chicken to the orange sauce and toss to coat evenly. The
- ☐ orange chicken is done when the sauce forms a thick glaze around the
- ☐ pieces of the chicken.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:13.451739103898%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 442.16kcal (22.11%), Fat: 21.8g (33.55%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 39.06g (14.2%), Sugar: 21.02g (23.35%), Cholesterol: 110.25mg (36.75%), Sodium: 655.7mg (28.51%), Alcohol: 0.6g (100%), Alcohol %: 0.32% (100%), Protein: 20.7g (41.41%), Vitamin C: 35.86mg (43.47%), Vitamin B3: 6.41mg (32.03%), Selenium: 21.66µg (30.94%), Vitamin B6: 0.6mg (30%), Phosphorus: 230.65mg (23.07%), Potassium: 567.26mg (16.21%), Vitamin B5: 1.38mg (13.77%), Vitamin B1: 0.18mg (12.15%), Vitamin B12: 0.72µg (12%), Vitamin B2: 0.19mg (11.42%), Magnesium: 44.37mg (11.09%), Zinc: 1.61mg (10.75%), Vitamin A: 433.32IU (8.67%), Copper: 0.16mg (8.08%), Vitamin K: 7.92µg (7.55%), Iron: 1.36mg (7.54%), Folate: 29.54µg (7.39%), Fiber: 1.79g (7.14%), Manganese: 0.13mg (6.6%), Vitamin E: 0.67mg (4.48%), Calcium: 42.92mg (4.29%)