



## Orange Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb chicken thighs boneless
- ☐ 1 cup chicken broth
- ☐ 1 cup tbsp cornstarch
- ☐ 1 eggs (for coating and frying)
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ginger minced
- ☐ 2 servings oil for frying

- ☐ 0.5 cup orange juice
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoon sriracha
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vinegar

## Equipment

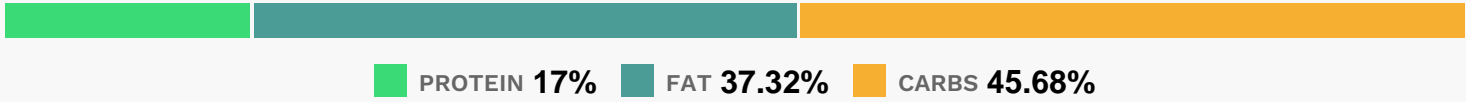
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Mix together the chicken broth, juice, sugar, vinegar, soy sauce, garlic, sriracha, ginger and pepper in a bowl to make marinade.
- ☐ Pour slightly more than 1/2 of the marinade into ziploc bag. Set the rest aside to make sauce later. Slice chicken into 1 inch cubes.
- ☐ Add chicken into marinade bag.
- ☐ Let chicken marinade for at least 2 hours.
- ☐ Pour oil into frying pan at least 1 inch deep and heat to medium heat. In a small bowl, whisk egg. In a separate small bowl, pour 1 cup cornstarch.
- ☐ Drain chicken from marinade. Dunk chicken first in egg, then coat in cornstarch and then put into heated frying pan. Fry for a few minutes until chicken is a light golden brown. You can do a few pieces at a time, in small batches until all chicken is used up.
- ☐ Place already fried chicken aside on plate lined with paper towel.
- ☐ In a small saucepan, pour the remaining marinade that was previously set aside.
- ☐ Add in 2 tbsp of cornstarch and mix so it is completely dissolved. Cook on low heat, stirring constantly so that the cornstarch does not get chunky. Cook for a few minutes until sauce becomes thick.

- ☐ Set aside about 1/3 of the sauce. Leave remaining 2/3 in saucepan and add in fried chicken pieces and coat with sauce.
- ☐ Serve chicken over rice.
- ☐ Pour some of the remaining sauce on top.

## Nutrition Facts



## Properties

Glycemic Index:132.05, Glycemic Load:38.76, Inflammation Score:-5, Nutrition Score:23.720869416776%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1055.8kcal (52.79%), Fat: 43.2g (66.47%), Saturated Fat: 11.1g (69.39%), Carbohydrates: 119.01g (39.67%), Net Carbohydrates: 117.86g (42.86%), Sugar: 56.3g (62.55%), Cholesterol: 306.45mg (102.15%), Sodium: 2375.86mg (103.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.55%), Selenium: 52.69µg (75.27%), Vitamin B3: 12.24mg (61.2%), Vitamin B6: 0.94mg (47.19%), Phosphorus: 470.85mg (47.08%), Vitamin C: 34.95mg (42.37%), Vitamin B2: 0.55mg (32.3%), Vitamin B5: 2.91mg (29.09%), Vitamin B12: 1.67µg (27.85%), Zinc: 3.45mg (23.01%), Manganese: 0.43mg (21.31%), Potassium: 732.2mg (20.92%), Vitamin B1: 0.28mg (18.82%), Iron: 3.26mg (18.12%), Magnesium: 69.69mg (17.42%), Copper: 0.27mg (13.57%), Folate: 41.43µg (10.36%), Vitamin A: 431.54IU (8.63%), Vitamin E: 1.28mg (8.55%), Vitamin K: 7.85µg (7.48%), Calcium: 60.16mg (6.02%), Fiber: 1.14g (4.57%), Vitamin D: 0.67µg (4.45%)