

# General Tso Chicken (with Video)

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/general-tso-chicken-recipe-reds-chinese>

## Ingredients:

- 1 1/2 pounds chicken thighs boneless, skinless in 1-inch cubes
- 1/2 cup cornstarch
- 1/4 cup vegetable oil for frying
- 1 tablespoon ginger minced
- 1 tablespoon garlic minced
- 1/2 teaspoon red pepper flakes
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 1 tablespoon hoisin sauce
- 1/3 cup water
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 2 teaspoons sesame seeds
- green onion minced

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 95 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 730 milligrams
9. Sugar: 7 grams

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