

Whole30 Chinese Orange Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/coconut-bars-recipe-chinese>

Ingredients:

- 1 1/2 pounds boneless, skinless chicken breasts
- 1 teaspoon sesame oil
- 4 tablespoons avocado oil
- 2 tablespoons arrowroot flour
- 2 cloves garlic thinly sliced
- 1/2 cup chicken broth
- 1 inch ginger chunk, peeled and grated
- 1 tablespoon orange zest
- 1/3 cup orange juice freshly squeezed
- 2 tablespoons rice vinegar
- 1/4 cup coconut amigos
- 1 teaspoon fish sauce
- 1 scallion sliced, green part only
- 1 tablespoon toasted sesame seeds or to taste
- crushed red pepper flakes to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 110 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 5 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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