

Chinese Orange Chicken

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fod-with-indian-flavor-recipe>

Ingredients:

- 4 boneless skinless chicken breasts cut into bite-size pieces
- 3 eggs whisked
- 1/3 cup cornstarch
- 1/3 cup flour
- oil for frying
- 1 cup orange juice
- 1/2 cup sugar
- 2 tablespoons rice vinegar or White Vinegar
- 2 tablespoons soy sauce
- 1/4 teaspoon ginger
- 1/4 teaspoon garlic powder or 2 garlic cloves, finely diced
- 1/2 teaspoon red chili flakes
- 1 orange zested
- 1 tablespoon cornstarch
- green onions for garnish
- orange zest for garnish

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 215 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 570 milligrams
9. Sugar: 24 grams

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