

Orange Chinese Chicken

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mandarin-orange-chicken-recipe>

Ingredients:

- 2 teaspoons sesame oil
- 1 pound boneless skinless chicken breasts Four 4-ounce pieces
- salt
- pepper
- 15 ounces mandarin oranges in light syrup
- 1/2 cup reduced sodium fat free chicken broth
- 1 tablespoon low sodium soy sauce
- 2 teaspoons cornstarch

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 480 milligrams
9. Sugar: 16 grams

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