

Quick and Easy Orange Peel Chicken

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 3/4 pounds boneless chicken breast about 3 large breasts, cut into small chunks
- chicken Note: If you have time and would like to "velvet" your, as mentioned above, see bottom of instructions for how to add this step
- 2 teaspoons oil
- sauce
- 1 cup chicken broth
- 1/2 cup water
- 2 tablespoons orange juice fresh squeezed
- 1/4 cup lemon juice or use 1/4 cup more orange juice, if you don't have lemons on hand
- 1/3 cup rice vinegar
- 2 1/2 tablespoons soy sauce
- 1/2 teaspoon sesame oil
- 1 1/2 tablespoons orange peel finely diced, DIVIDED, *see note below
- 3/4 cup brown sugar packed
- 1 teaspoon fresh ginger minced, or 1/4 tsp. powdered ginger
- 1 tablespoon chili garlic sauce Asian, or more, to taste
- sauce mix To thicken, the add in increments at end, as needed
- 1/4 cup cornstarch
- 3 tablespoons water

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 375 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 120 grams

7. SaturatedFat: 6 grams
 8. Sodium: 1290 milligrams
 9. Sugar: 31 grams
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