

Healthier Version of Chinese Orange Chicken

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 2 pounds skinless chicken breast slice into bite sized pieces
- 1 cup corn starch for the chicken breading plus 1 tablespoon cornstarch for the marinade
- 2 large eggs beaten
- spray oil
- 1/2 teaspoon sesame seeds
- 1 green onion for garnish, optional
- marinade
- 1 cup chicken broth
- 1/2 cup orange juice I got this from two oranges
- 1 tablespoon orange zest from the orange, you can add more zest if you like
- 1/4 cup sugar
- 1/4 cup white vinegar
- 1/4 cup soy sauce
- 2 cloves garlic minced
- 1 inch ginger length, crushed

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 250 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 54 grams
7. SaturatedFat: 3 grams
8. Sodium: 1220 milligrams
9. Sugar: 16 grams

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