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Orange Chicken ♦♦

Orange chicken is a popular Chinese-American dish that features crispy chicken pieces coated in a tangy and sweet orange sauce. It is typically served with steamed rice or noodles.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
60 g	cornstarch
30 ml	vegetable oil
120 ml	Orange juice
30 ml	soy sauce

60 g	honey
2 tsp	orange zest
2 cloves	garlic
2 tsp	Ginger
2 stalks	Green Onions

Directions

Step 1

Cut

Cut the chicken breast into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Coating

In a bowl, mix the cornstarch and salt. Coat the chicken pieces with the mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a pan over medium-high heat. Fry the chicken until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Simmering

In a separate saucepan, combine orange juice, soy sauce, honey, orange zest, minced garlic, and grated ginger. Cook until the sauce thickens.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Mixing

Add the fried chicken to the saucepan and toss until well-coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnishing

Garnish with sliced green onions and serve hot with steamed rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Chinese

Italian

Mexican

Thai

Japanese

Mediterranean

American

Middle Eastern

Cultural

Chinese New Year

Kitchen Tools

Slow Cooker

Events

Picnic

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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