CHINESE · DINNER

Sugar-Free Low-Carb Orange Chicken, Takeout Style

40 min · Serves 3 · 511 kcal a serve · Video 13:50 · Low Carb Love

No nuts listed

Protein powder replaces the flour coating and the sauce is sweetened without sugar, so a serve has about 4 g net carbs and over 45 g protein.

Diet notes: Low carb (3.6 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari or coconut aminos instead of soy sauce to keep it gluten-free.

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Ingredients 19 · SERVES 3

- [ ] 450 g **chicken thighs**, boneless and skinless, diced
- [ ] 45 g **unflavoured protein powder**
- [ ] ½ tsp **salt**
- [ ] ½ tsp **pepper**
- [ ] ¼ tsp **ground ginger** (for the coating)
- [ ] 2 **eggs**, whisked
- [ ] 120 ml **olive oil** for shallow-frying (about 1 tbsp a serve stays on the chicken)
- [ ] 60 ml **water**
- [ ] 60 ml (4 tbsp) **white vinegar**
- [ ] 3 tbsp **soy sauce**
- [ ] ¼ tsp **ground ginger** (for the sauce)
- [ ] ½ tsp **ground garlic** (or 2 garlic cloves)
- [ ] ½ tsp **red pepper flakes**
- [ ] 1 tsp **orange zest** (about half a medium orange)
- [ ] 140 g **granulated sweetener**
- [ ] ½ tsp **sesame oil**
- [ ] ½ tbsp **oil** (for the sauce)
- [ ] ¼ tsp **xanthan gum**
- [ ] sliced **green onion**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken thighs into bite-size pieces. 0:31
2. Season the protein powder with the salt, pepper and ¼ tsp ground ginger and whisk it together. Whisk the eggs in a second bowl. 1:02
3. Dip each piece of chicken in egg, then roll it in the seasoned protein powder until well coated and set it on a clean plate. Go slowly so the powder doesn't clump. 2:15
4. For the sauce, mix the water, vinegar, soy sauce, ground ginger, garlic, red pepper flakes, orange zest, sweetener and sesame oil. Taste — if using erythritol or monk fruit, start with half the sweetener. 3:23
5. Heat about 120 ml olive oil in a pan over medium heat and shallow-fry the chicken in batches, shaking off excess powder, about 3 minutes a side until crisp and brown. Set aside. 6:18
6. In a clean pan heat ½ tbsp oil, pour in the sauce and bring to a simmer. Whisk the xanthan gum into a splash of water, stir it in until dissolved and let the sauce thicken. 7:49
7. Add the chicken and toss until coated and the sauce is as thick as you like. Scatter with green onion. 10:17

> **Tip** The cook made 2–3 serves; we use 3. Serve with cauliflower rice or stir-fried greens. Coconut aminos can replace the soy sauce. Chicken breast works too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
511 kcal 2,140 kJ	**47 g** 94% of a day	**4.3 g** 3.6 g net · 1.1 g sugars 2% of a day	**0.8 g** 3% of a day	**33 g** 7.3 g saturated 43% of a day	**1,490 mg** 65% of a day

Energy from net carbs 3% · protein 38% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 72% · Vitamin B12 50% · Zinc 34% · Vitamin B6 30% · Vitamin E 20%

Source of (10–19%) Vitamin K 19% · Iron 14% · Omega-3 14% · Magnesium 13% · Potassium 12%

⚠ One serve has about 65% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=YDS-jmqbQbA, published 14 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-orange-chicken-protein-crust