

# Szechuan Spicy Tangerine Chicken

*Carol Rice*

*Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003*

*1 1/2 pounds chicken breasts,  
skinned, boned and cubed  
1 teaspoon cornstarch  
2/3 cup onion, diced  
4 green onions, cut in 1-inch lengths  
5 dried chile peppers, minced  
2 teaspoons Szechuan peppercorns,  
roasted at 350 degrees for 5 to 7  
minutes and then ground  
2 teaspoons ginger root, minced  
2 tablespoons tangerine or orange juice  
2 tablespoons soy sauce  
1 tablespoon hoisin sauce  
3/4 teaspoon sugar  
1 teaspoon chile paste with garlic OR  
hot bean sauce  
2 cups oil  
2 tablespoons fresh tangerine OR  
orange peel, cut in strips  
1 teaspoon white vinegar  
1 teaspoon sesame oil*

In a bowl, combine the chicken and cornstarch and set aside.

In another bowl, combine the chile peppers, peppercorns and ginger.

In a small bowl, combine the green onions and diced onion.

In another bowl, combine the juice, soy sauce, hoisin sauce, sugar and chile paste. Mix well and set aside.

Heat the oil in a wok until hot. Add the chicken and cook until it loses its pink color. Remove the chicken. Drain and pour out all but one tablespoon of oil from the wok.

Add the chile pepper mixture and stir-fry for 15 seconds. Add the peel and the combined onions and stir-fry for 20 seconds. Add the chicken and stir.

Add the juice mixture and stir-fry for 30 seconds.

Add the vinegar and stir-fry for 15 seconds.

Mix in the sesame oil.

Serve hot.

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Per Serving (excluding unknown items): 4971 Calories; 492g Fat (88.2% calories from fat); 118g Protein; 30g Carbohydrate; 4g Dietary Fiber; 349mg Cholesterol; 2673mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 3 1/2 Vegetable; 88 Fat; 1/2 Other Carbohydrates.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	4971	<b>Vitamin B6 (mg):</b>	3.1mg
<b>% Calories from Fat:</b>	88.2%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	2.4%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	9.4%	<b>Riboflavin B2 (mg):</b>	.6mg
<b>Total Fat (g):</b>	492g	<b>Folacin (mcg):</b>	90mcg
<b>Saturated Fat (g):</b>	66g	<b>Niacin (mg):</b>	56mg
<b>Monounsaturated Fat (g):</b>	281g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	106g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	349mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	30g		
<b>Dietary Fiber (g):</b>	4g		
<b>Protein (g):</b>	118g		
<b>Sodium (mg):</b>	2673mg		
<b>Potassium (mg):</b>	1635mg		
<b>Calcium (mg):</b>	137mg		
<b>Iron (mg):</b>	6mg		
<b>Zinc (mg):</b>	5mg		
<b>Vitamin C (mg):</b>	24mg		
<b>Vitamin A (i.u.):</b>	685IU		
<b>Vitamin A (r.e.):</b>	154 1/2RE		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	16 1/2
<b>Vegetable:</b>	3 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	88
<b>Other Carbohydrates:</b>	1/2

**Nutrition Facts**

Amount Per Serving

**Calories** 4971                      **Calories from Fat:** 4383

**% Daily Values\***

<b>Total Fat</b> 492g	757%
Saturated Fat 66g	329%
<b>Cholesterol</b> 349mg	116%
<b>Sodium</b> 2673mg	111%
<b>Total Carbohydrates</b> 30g	10%
Dietary Fiber 4g	17%
<b>Protein</b> 118g	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	40%
<b>Calcium</b>	14%
<b>Iron</b>	34%

\* Percent Daily Values are based on a 2000 calorie diet.