

Low-Carb Orange Chicken

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 7.3 g, Fiber: 2.1 g, **Net carbs: 5.2 g,**

Protein: 28.6 g, Fat: 21.1 g, Calories: 334 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Chicken:

- 1/4 cup virgin [coconut oil](#) (60 ml)
- 1.1 lb chicken thighs, skinless and boneless (500 g)
- 1 head broccoli, cut into small florets (225 g/ 8 oz)
- 1 tbsp [sesame seeds](#)

Sauce:

- 1/4 cup tamari sauce *or* [coconut aminos](#) (60 ml)
- 1/4 cup fresh orange juice (60 ml/ 2 fl oz)
- 1 tsp chili oil *or* [toasted sesame oil](#)
- Optional:* 1 tbsp [Swerve](#) *or* [Erythritol](#)
- zest of 1/2 orange

Suggested sides:

- cauliflower rice, 1 to 1 1/2 cups per serving ([here's how you can make cauli-rice](#))
- shirataki rice, 1 cup per serving
- more steamed broccoli, 1 cup per serving

Instructions

1. Cut the chicken into 2 1/2 cm/ 1-inch pieces. Heat the coconut oil in a large skillet or wok over high heat. Add in the chicken and brown 3-4 minutes per side until golden.
2. Add in the broccoli and stir-fry 3-4 minutes.
3. Whisk together the sauce ingredients in a small bowl then pour over the chicken and broccoli. Cook 2-3 minutes until the sauce is reduced.
4. Sprinkle in the sesame seeds and serve with cauli-rice, shirataki rice or more broccoli.

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