

Asian Honey Chicken

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-honey-chicken-recipe>

Ingredients:

- 1/2 cup vegetable oil
- 1 pound boneless, skinless chicken breasts cut into 1-inch chunks
- 1 cup all purpose flour
- 1 cup buttermilk
- 1 tablespoon cornstarch
- 1/2 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon crushed red pepper flakes

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 75 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 4 grams
8. Sodium: 640 milligrams
9. Sugar: 38 grams
10. TransFat: 1 grams

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