

# Forbidden City Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/best-polish-city-chicken-recipe>

## Ingredients:

- 4 boneless skinless chicken breasts
- 3 tablespoons peanut oil or canola oil
- 1 teaspoon curry powder I used Sweet Curry Powder
- 1/2 teaspoon ground cinnamon I used Vietnamese Cassia Cinnamon
- 1 teaspoon ginger puree sold in small jars, or use fresh grated ginger root
- 1 teaspoon garlic puree sold in small jars, or use finely crushed fresh garlic
- 3 tablespoons brown sugar or use 3 T amber Agave Nectar or Splenda brown sugar blend
- 3 tablespoons soy sauce
- 1 tablespoon lemon juice fresh-squeezed
- 2 tablespoons chicken stock
- sliced green onions for garnish, optional

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 830 milligrams
9. Sugar: 7 grams

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