

# Chinese String Bean Chicken

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-chinese-string-bean-recipe>

## Ingredients:

- 1 pound boneless skinless chicken breast halves cut into 1 inch chunks
- 2 tablespoons soy sauce
- 2 teaspoons rice wine
- 1 teaspoon sesame oil
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 2 tablespoons vegetable oil
- 1 cup yellow onion sliced
- 2 garlic cloves minced
- 1 teaspoon black bean sauce
- 12 ounces green beans trimmed, cut into 3-in pieces

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 27 grams
3. Fat: 16 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 960 milligrams
8. Sugar: 11 grams

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