

Low Carb Keto Japanese Teriyaki Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-teriyaki-recipe>

Ingredients:

- 1/3 head broccoli
- 1/4 carrot
- 1 red bell pepper or any other colour
- 1 yellow bell pepper or any other colour
- 1/2 onion
- 4 green onions
- 1 1/4 pounds boneless chicken thighs 4 thighs
- 1 tablespoon sesame seeds
- 3 tablespoons sesame oil
- 3 tablespoons teriyaki sauce Sugar Free, [RECIPE HERE](#)

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 120 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 650 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Low Carb Keto Japanese Teriyaki Chicken above. You can see more 18 traditional japanese teriyaki recipe Cook up something special! to get more great cooking ideas.