

Chinese Takeout Chicken and Broccoli

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-broccoli-takeout-recipe>

Ingredients:

- 1 head broccoli cut up into florets
- 1 green pepper small, cut up into small slices
- 3/4 cup sugar snap peas chopped into thirds
- 1 pound boneless skinless chicken breasts cut up into bite size pieces
- 1/2 teaspoon baking soda
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 tablespoon low sodium soy sauce
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 1/4 cup low sodium soy sauce
- 2 tablespoons brown sugar
- 4 cloves garlic minced
- 2 tablespoons flour
- 1 tablespoon cooking wine rice
- 1 teaspoon sesame oil
- 1 tablespoon vegetable oil
- 1 tablespoon vegetable oil to fry in
- 1/2 cup water

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 31 grams

7. SaturatedFat: 2 grams
 8. Sodium: 1030 milligrams
 9. Sugar: 10 grams
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