

Black Pepper Chicken Stir Fry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1/3 cup coconut aminos
- 2 tablespoons chicken broth
- 1 tablespoon honey
- 1 tablespoon rice vinegar sub apple cider vinegar
- 1 clove garlic minced
- 1 teaspoon salt
- 3 teaspoons black pepper divided
- 2 tablespoons avocado oil
- 4 celery stalks sliced on a bias
- 1/2 onion chopped
- 2 tablespoons arrowroot starch
- 1 pound chicken cubed
- 2 tablespoons green onion chopped

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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