

# Spicy Chicken Stirfry

Yield: 4 min  
Total Time: 23 min

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

## Ingredients:

- 1 tablespoon sesame oil
- 1/3 cup onion sliced
- 1 clove garlic minced
- 1 pound chicken breast, skinless, boneless, cut into bite size pieces
- 6 cups stir fry vegetables Asian, I used Trader Joe's fresh vegetables
- 2 cups brown rice cooked, I used Trader Joe's Organic Brown Rice, frozen already cooked
- sauce
- 2 tablespoons soy sauce low sodium
- 1/2 tablespoon chili pepper paste, add more to make spicier
- 1 teaspoon garlic minced
- 1/2 tablespoon distilled vinegar
- 1 tablespoon peanut butter

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 33 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 690 milligrams
9. Sugar: 4 grams

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