

# Chinese Chicken Spaghetti

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 12 ounces spaghetti I prefer whole grain
- 1 tablespoon cornstarch
- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 1 teaspoon ground ginger
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon canola oil
- 2 pounds boneless skinless chicken breasts cut into bite size strips
- 2 cups snow peas
- 2 cups shredded carrots
- 1 bunch green onions chopped

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 95 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 810 milligrams
9. Sugar: 5 grams

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