

# Chinese Chicken Skewers

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/teriyaki-chicken-recipe-like-a-chinese-restaurant>

## Ingredients:

- 4 boneless skinless chicken breasts cut into 1 inch chunks
- 1 1/2 cups teriyaki sauce
- 1/2 cup chunky peanut butter
- 1 tablespoon crushed red pepper flakes
- 2 teaspoons sesame seeds

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 40 grams
7. SaturatedFat: 4 grams
8. Sodium: 4390 milligrams
9. Sugar: 19 grams

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