

Chinese Sweet And Sour Chicken

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/trini-chinese-sweet-and-sour-chicken-recipe>

Ingredients:

- 2 pounds boneless skinless chicken breasts
- 2 eggs
- 2 cups cornstarch
- 4 tablespoons oil
- 1 cup sugar
- 2/3 cup apple cider vinegar
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 165 milligrams
4. Fat: 16 grams
5. Protein: 34 grams
6. SaturatedFat: 3 grams
7. Sodium: 580 milligrams
8. Sugar: 36 grams

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