

Bok Choy with Ground Chicken Stir Fry

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/bok-choy-chicken-indian-recipe>

Ingredients:

- 2 teaspoons cooking oil
- 1/2 pound ground chicken
- 1 stalk green onion chopped
- 2 teaspoons fresh ginger grated
- 2 cloves garlic finely minced
- 1 pound bok choy cut in half lengthwise
- 1 tablespoon water
- 2 teaspoons soy sauce
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 50 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 260 milligrams
9. Sugar: 1 grams

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