

Chicken and Asparagus Stir-Fry

Yield: 3 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon soy sauce
- 1 tablespoon honey
- 2 boneless, skinless chicken breasts cut into bite-sized pieces, about 1-inch
- 1 tablespoon olive oil
- 1 bunch asparagus cut into bite-sized pieces
- 4 cloves garlic thinly sliced
- 2 scallions chopped
- 2 teaspoons toasted sesame oil
- 1 teaspoon toasted sesame seeds optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 460 milligrams
9. Sugar: 8 grams

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