

Zucchini Mushroom Chicken Stir Fry

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 3 zucchini medium size
- 10 mushroom medium size
- 1 carrot large size
- 1 onion
- 2 cups peas
- 2 chicken breast large, boneless and without the skin
- pasta Cooked
- 1 teaspoon pepper Chilli, Hungarian Smoked Red Paprika
- 2 teaspoons salt 1 tsp to the chicken, 1 tsp to the veggies
- 1 tablespoon soy sauce Worcestershire Sauce
- 2 tablespoons olive oil
- 1 teaspoon garlic grated
- 1 teaspoon ginger grated

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 780 milligrams
9. Sugar: 6 grams

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