

Zero-Carb Chinese Five Spice Chicken

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 3 pounds chicken any combination -- ideal if they are similar sizes -- works great for thighs, but I've done a variety
- 1/3 cup soy sauce
- 1/4 cup oil such as light olive oil or peanut oil
- 1 teaspoon garlic powder or 2 fresh garlic cloves, pressed
- 2 teaspoons five spice powder
- 1 teaspoon fresh ginger grated
- 1 tablespoon dry sherry
- sweet and sour sauce
- duck sauce the orangish sauce for egg rolls in some places
- plum sauce often served with moo shu
- oyster sauce
- hoisin sauce

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 150 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 47 grams
7. SaturatedFat: 3 grams
8. Sodium: 1070 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Zero-Carb Chinese Five Spice Chicken above. You can see more 18 plum sauce chicken chinese recipe Deliciousness awaits you! to get more great cooking ideas.