

Chinese Empress Chicken

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 cups chicken broth
- 3/4 cup sugar
- 1/4 cup cornstarch
- 1/2 cup soy sauce
- 1/2 cup white vinegar
- 4 garlic cloves minced
- 1 1/2 teaspoons fresh ginger chopped
- 3 pounds boneless skinless chicken breasts cut into 1 inch cubes
- 1/4 cup soy sauce
- 1 large egg beaten
- 1/2 cup cornstarch
- 4 green onions sliced
- 8 hot peppers diced

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 180 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2100 milligrams
9. Sugar: 29 grams

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