

Chinese Kung Pao Chicken, Paleo Style

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 pounds chicken breast
- 5 cloves garlic minced finely
- 1 red chili pepper fresh, minced finely, I use red fresno chili pepper today
- 5 red chili pepper
- 1 tablespoon peppercorn
- 1/2 teaspoon ground black pepper
- 1 teaspoon lemon zest
- 1 scallion sliced diagonally & separate green and white parts
- 2 tablespoons pine nuts
- 4 tablespoons coconut aminos
- 1 1/2 tablespoons arrowroot powder or sweet potato powder
- 1 large egg
- 2 tablespoons coconut aminos
- 1 teaspoon rice vinegar organic

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 110 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 150 milligrams

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