

Chinese Chicken On A Stick

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-restaurant-beef-on-a-stick-recipe>

Ingredients:

- 1 kilogram boneless chicken breast or Boneless Chicken thighs
- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 1/4 cup honey
- 2 tablespoons cider vinegar
- 1 teaspoon ginger
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper or hot sauce or to taste

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 160 milligrams
4. Fat: 14 grams
5. Protein: 54 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1190 milligrams
8. Sugar: 18 grams

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