

# Mongolian Chicken

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 2 pounds boneless skinless chicken breast omitted from photo above
- 2 teaspoons vegetable oil
- 1/4 teaspoon ginger
- 1 tablespoon minced garlic
- 1/2 cup soy sauce Marca Pina
- 1/2 cup water
- 3/4 cup brown sugar light or dark
- 1 cup vegetable oil
- 2/3 cup cornstarch
- 2 tablespoons diced onions finely, omitted from photo above
- 1 spice : We use, World Minced Garlic anytime fresh garlic is needed for a recipe!, see photo above

## Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 145 milligrams
4. Fat: 63 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 6 grams
8. Sodium: 2070 milligrams
9. Sugar: 27 grams
10. TransFat: 1.5 grams

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