

# Chicken Subgum Chow Mein

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-for-subgum-munye-mein>

## Ingredients:

- 2 tablespoons peanut oil If you can't have peanut oil, just use vegetable oil
- 1 pound boneless, skinless chicken breast halves cut into 1/2- to 3/4-inch cubes
- 1 white onion large, coarsely chopped
- 4 ounces button mushrooms washed and cut into 1/4-inch slices
- 3 celery ribs, cut into 1/4-inch slices
- 1 1/2 cups low sodium chicken broth
- 1/3 cup sauce
- 1 tablespoon gluten free soy sauce
- 1 tablespoon dark brown sugar
- 1 tablespoon dry sherry
- salt
- freshly ground black pepper
- 3 cups bean sprouts
- 2 tablespoons arrowroot starch or cornstarch, but it wont be grain-free

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 610 milligrams
8. Sugar: 8 grams

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