

# Pineapple Chicken Stir Fry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fry-recipe-with-pineapple>

## Ingredients:

- 1 pound chicken breasts boneless, skinless
- 1 teaspoon vegetable oil
- 1 small onion diced
- 4 cloves garlic minced
- 2 cups pineapple chopped
- 1 cup red bell pepper finely diced
- 1/3 cup scallions diced
- 1 tablespoon cornstarch
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground ginger
- 2 tablespoons soy sauce
- 1 cup chicken broth
- 1 tablespoon white vinegar
- 1/3 cup brown sugar
- steamed rice
- chopped peanuts or sesame seeds, for garnish, optional

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 75 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 1 grams
8. Sodium: 610 milligrams
9. Sugar: 22 grams

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