

Bok Choy Chicken

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-ginger-wine-recipe>

Ingredients:

- 6 ounces boneless and skinless chicken breast cut into thin pieces
- 2 tablespoons oil
- 8 ounces bok choy sliced into pieces
- 1 inch ginger piece, peeled and sliced into pieces
- 1/2 tablespoon soy sauce
- 1/2 tablespoon cornstarch
- 1/2 tablespoon oyster sauce
- 2 tablespoons water
- 1/4 teaspoon sesame oil
- 3 dashes white pepper
- 1 teaspoon wine
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 520 milligrams
9. Sugar: 2 grams

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