

Healthy Chinese chicken egg fried rice

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 2 cups long-grain rice cooked
- 2 eggs
- 1 cup frozen vegetables chopped, thawed, peas, carrots, cauliflower, broccoli
- 1 chicken breast
- 3 spring onions
- 2 garlic cloves
- 2 centimeters fresh root ginger
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh parsley chopped

Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 161 grams
3. Cholesterol: 285 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 47 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1970 milligrams
9. Sugar: 2 grams

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