

Healthy Chicken and Broccoli Stir-fry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-and-broccoli-recipe>

Ingredients:

- 9/16 pound boneless and skinless chicken breast
- 1 head broccoli
- 1/2 teaspoon garlic powder
- 1 teaspoon cornflour
- 1 teaspoon dark soy sauce
- 2 teaspoons oyster sauce
- 1 teaspoon rice wine vinegar
- 2 teaspoons chilli sauce
- 8 cloves minced
- 2 teaspoons vegetable oil
- salt to taste
- water as required

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 40 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 520 milligrams
9. Sugar: 3 grams

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