

# Teriyaki Chicken Stir-Fry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-teriyaki-chicken-stir-fry-recipe-with-noodles>

## Ingredients:

- 1 pound chicken breast or thigh
- 1 onion thinly sliced
- 6 white mushrooms sliced
- 1 red bell pepper sliced
- 1 cup sugar snap peas
- 1 zucchini large, sliced
- 1 head broccoli
- sauce
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1/4 cup water
- 1 tablespoon oil sesame seed
- 1 tablespoon rice vinegar
- 1 tablespoon fresh ginger
- 4 garlic cloves finely minced
- rice noodles
- brown rice

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 2 grams
8. Sodium: 1220 milligrams
9. Sugar: 20 grams

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