

# 6-Ingredient Chinese Chicken

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1 tablespoon minced ginger peeled and, about 1" ginger root
- 1 tablespoon garlic chili sauce or chili paste
- 1 tablespoon hoisin sauce
- 1 tablespoon lite soy sauce
- 1 pound skinless chicken breasts boneless, sliced horizontally and then into small cubes
- 1 1/2 tablespoons canola oil

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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