

Chinese Chicken and Broccoli | Keto, Low Calorie

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/low-calorie-chinese-recipe>

Ingredients:

- 2 pounds boneless, skinless chicken breast
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 1/2 cup chicken broth
- 2 teaspoons fish sauce
- 1/4 cup soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon rice vinegar
- 2 teaspoons minced ginger or 1 tsp ground ginger
- 1/4 cup brown sugar substitute or to taste
- 8 cups broccoli florets
- 1 cup carrots chopped into matchsticks
- 1 teaspoon xanthan gum
- 3 green onions chopped, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 740 milligrams
9. Sugar: 3 grams

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