

Peruvian Chicken Stir-Fry (Pollo Saltado)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-saltado-de-pollo-recipe>

Ingredients:

- 500 grams chicken breast
- 2 tomatoes
- 1 onion
- 1 red bell pepper
- 2 garlic cloves minced
- 1 tablespoon garlic powder
- 1/2 tablespoon cumin
- 1/2 cup white wine or chicken broth
- 3 tablespoons soy sauce
- 1 tablespoon red wine vinegar you can use white wine vinegar
- 1 tablespoon olive oil
- salt
- pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 80 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 2 grams
8. Sodium: 1020 milligrams
9. Sugar: 5 grams

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