

Velveting Chicken Breast, Chinese Restaurant-Style

Yield: 4 min
Total Time: 46 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chicken-breast-chinese-style>

Ingredients:

- 1 egg whites
- 1 tablespoon Chinese rice vinegar
- 1 tablespoon corn starch
- 1 teaspoon kosher salt
- 1 pound boneless chicken breast skinless, thinly sliced
- 8 cups water
- 1 tablespoon peanut oil

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Protein: 25 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 770 milligrams

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