

# Skillet Sticky Chicken

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-sticky-chicken-recipe>

## Ingredients:

- 2 pounds chicken ; cut into strips
- 2 tablespoons olive oil
- 1/4 cup ketchup
- 1/4 cup peach jam /preserves
- 1 clove garlic ; minced/grated
- 2 tablespoons minced onion
- 1 tablespoon apple cider vinegar
- 1 tablespoon worcestershire sauce
- 1/8 teaspoon Sriracha
- 1/4 teaspoon dry mustard
- 1/4 teaspoon salt /peper; to taste +/-

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Protein: 46 grams
6. SaturatedFat: 3 grams
7. Sodium: 540 milligrams
8. Sugar: 14 grams

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