

Chinese Steamed Minced Chicken with Bitter Melon

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 9/16 pound chicken breast
- 1 5/8 cups bitter melon
- 2 1/8 tablespoons red chiles
- 3 3/4 tablespoons cornstarch
- 1/8 tablespoon salt
- 1/8 ounce chicken powder
- 1 teaspoon white sugar
- baking soda
- water
- cooking oil
- 9/16 pound chicken breast
- 1 5/8 cups bitter melon
- 2 1/8 tablespoons red chiles
- 3 3/4 tablespoons cornstarch
- 1/8 tablespoon salt
- 1/8 ounce chicken powder
- 1 teaspoon white sugar
- baking soda
- water
- cooking oil

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 165 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams

6. Protein: 53 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 1480 milligrams
 9. Sugar: 4 grams
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