

# Savory Ketogenic Braised Ginger Chicken

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-braised-ginger-chicken-recipe>

## Ingredients:

- 4 pounds free range chicken organic, cut into 8 pieces
- 1 tablespoon tapioca flour optional
- 3 tablespoons coconut oil or good-quality animal fat, melted
- 1 onion chopped
- 4 garlic cloves finely sliced
- 2 inches ginger piece of, cut into thin strips
- sea salt
- freshly ground black pepper
- 1 1/2 cups chicken broth
- 1 tablespoon fish sauce
- 1 tablespoon tamari or coconut aminos
- 3 red chilies long, deseeded and finely sliced, leave some seeds in if you like it spicy
- 4 scallions cut into thin strips
- 1 bunch bok choy trimmed
- toasted sesame seeds Lightly, to serve

## Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 330 milligrams
4. Fat: 85 grams
5. Fiber: 1 grams
6. Protein: 81 grams
7. SaturatedFat: 32 grams
8. Sodium: 1130 milligrams
9. Sugar: 2 grams

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