

Ginger Chicken Stir Fry

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 1/2 pounds chicken breast cut in bite size pieces
- 2 1/2 tablespoons cornstarch
- 3 tablespoons canola oil
- 1 onion diced
- 1 red pepper diced
- 2 cups broccoli florets
- 1 1/2 cups snow peas
- 3 tablespoons garlic minced
- 1/3 cup honey
- 3 tablespoons low sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons lemon juice
- 1 tablespoon ginger fresh grated, or ginger paste

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 110 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 620 milligrams
9. Sugar: 28 grams

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