

Chicken Stir Fry with Rice Noodles (30 minute meal)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rice-noodles-with-chicken-recipe>

Ingredients:

- 12 ounces rice noodles
- 3 tablespoons vegetable oil
- 1 pound skinless boneless chicken breasts 2 medium, sliced into bite-size strips
- salt
- black pepper
- 1 red bell pepper or 1/2 red and 1/2 green, sliced
- 1 cup broccoli chopped
- 4 ounces shiitake mushroom sliced
- 1 tablespoon fresh ginger peeled and shredded
- 1/2 cup chicken broth
- 2 tablespoons soy sauce NOT low-sodium*
- 2 tablespoons ketchup
- 1 teaspoon cornstarch
- 3 sesame oil drizzles of

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 900 milligrams
9. Sugar: 4 grams

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