

Weight Watchers Spicy Chinese Chicken

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-chinese-vegetables-recipe>

Ingredients:

- 1 tablespoon white wine vinegar
- 3/4 cup chicken broth
- 2 tablespoons soy sauce
- 2 tablespoons artificial sweetener
- 1/2 teaspoon ground ginger
- 2 tablespoons cornstarch
- 2 teaspoons olive oil
- 2 teaspoons garlic minced
- 2 scallion medium, chopped
- 1/2 teaspoon red pepper flakes
- 1 pound boneless skinless chicken breast cut into 2 inch pieces
- 2 cups cooked brown rice

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 600 milligrams
9. Sugar: 1 grams

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