

Moo Goo Gai Pan

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/woo-soo-gai-chinese-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup fresh mushrooms sliced
- 2 cups broccoli florets chopped
- 1 cup snow peas
- 8 ounces water chestnuts sliced, drained
- 15 ounces straw mushrooms whole, drained
- 1 tablespoon vegetable oil
- 2 teaspoons minced garlic
- 1 pound boneless chicken breast skinless, cut into strips
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1/4 cup chicken broth
- 1 teaspoon garlic salt

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 34 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1010 milligrams
9. Sugar: 6 grams

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