



Categories: Family Friendly. Low Carb. Dairy Free.

## *Chicken and Broccoli Stir Fry*

Yield: 4

Prep time: 30 minutes

Total time: 45 minutes

### *Ingredients*

1-pound boneless skinless chicken breast (bite-sized pieces)

¼ yellow onion (diced)

2 tablespoons olive oil

3 garlic cloves (chopped)

2 tablespoons ginger

2 tablespoons coconut aminos

2 teaspoons sesame oil

4 teaspoons rice vinegar

4 teaspoons hot sauce

1 bunch of broccoli (bite-sized pieces)

### *Directions*

Cut chicken, dice onion, chop garlic, and cut broccoli. Heat oil in large pan. Saute onion and garlic for 2 minutes. Add chicken and ginger and cook until brown. Add soy sauce, sesame oil, vinegar, and hot sauce and cook until chicken is done (approx. 8 minutes). Add broccoli pieces and 2 tablespoons of water. Cover and allow to steam for 2-3 minutes.

## Macronutrient Breakdown

# Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	291 kcal	15 %
<b>Total Fat</b>	13.2 g	20 %
Saturated Fat	2 g	10 %
Trans Fat	0 g	
<b>Cholesterol</b>	81 mg	27 %
<b>Sodium</b>	427.9 mg	18 %
<b>Total Carbohydrate</b>	14.8 g	5 %
Dietary Fiber	4.3 g	17 %
Sugars	4.6 g	
<b>Protein</b>	30.1 g	60 %
Vitamin A	19 %	• Vitamin C 229 %
Calcium	8 %	• Iron 9 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.