



## Chicken Stir Fry

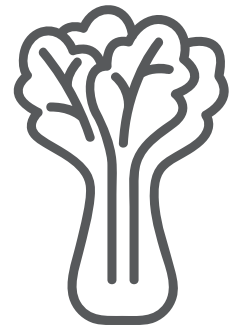
## Chicken Stir Fry

### Ingredients:

- 12 oz. chicken tenderloin
- 1/2 cabbage
- 1 bunch scallion
- 1 cup bean sprouts
- 1 cup bamboo shoots
- 1 can water chestnuts
- 2 cups carrots
- 3 tsp. sesame seeds
- 2 tsp. fresh ginger

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### Directions:

- Start by cooking the tenderloins in a sauté pan with about 2 Tablespoons of Avocado Oil.
- In another pan, stir-fry the scallions, carrots, and celery for 5-8 minutes before adding cabbage. Cook to desired texture
- Add ginger, tamari, and sesame seeds. Serve HOT!

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# Nutrition Facts

Serving Size: (0.0g)  
Servings Per Container:

## Amount Per Serving

**Calories** 200      Calories from Fat 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 55mg      **18%**

**Sodium** 780mg      **33%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 10g      **40%**

Sugars 12g

**Protein** 24g

Vitamin A 150%      •      Vitamin C 160%

Calcium 20%      •      Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CABBAGE, CHICKEN TENDERLOIN (FRESH), CARROTS, BOK CHOY, SCALLIONS, CELERY, BEAN SPROUTS, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), SESAME SEEDS, GINGER

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