



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken Chop Suey ♦♦

Chicken Chop Suey is a classic Chinese-American dish that is made with stir-fried chicken, mixed vegetables, and a savory sauce. It is typically served over rice or noodles and is a popular choice for a quick and easy weeknight meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
100 g	onion
100 g	Carrots
100 g	bell pepper
100 g	bean sprouts

4 tbsp	soy sauce
2 tbsp	oyster sauce
2 tbsp	cornstarch
2 tbsp	Water
2 tbsp	vegetable oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cut

Chop the onion, carrots, and bell pepper into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a small bowl, mix together the soy sauce, oyster sauce, cornstarch, and water to make the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

Heat the vegetable oil in a large skillet or wok over medium-high heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Cooking

Add the chicken to the skillet and cook until browned and cooked through, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Remove the chicken from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Cooking

Add the onion, carrots, and bell pepper to the skillet and cook until tender-crisp, about 3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 8

Cooking

Add the bean sprouts to the skillet and cook for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 9

Cooking

Return the chicken to the skillet and pour the sauce over the ingredients.

Prep Time: 0 mins

Cook Time: 2 mins

Step 10

Cooking

Stir everything together and cook for an additional 2 minutes, or until the sauce has thickened.

Prep Time: 0 mins

Cook Time: 2 mins

Step 11

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 12

Serving

Serve the Chicken Chop Suey over cooked rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Chinese

Cultural

Chinese New Year

Kitchen Tools

Pressure Cooker

Course

Main Dishes

Snacks

Diet

Anti-Inflammatory Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Mayo Clinic Diet

The Shangri-La Diet

The CICO (Calories In, Calories Out) Diet

The Peanut Butter Diet

The HCG Diet

The Optavia Diet

The Dr. Sebi Diet

The Ulcerative Colitis Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The Histamine Intolerance Diet

The Diabetes Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com