

YIELD: 4 SERVINGS

Firecracker Ground Chicken

Ground chicken cooked in chili oil and tossed with a sticky sweet and spicy firecracker sauce.

PREP TIME

5 minutes

COOK TIME

15 minutes

TOTAL TIME

20 minutes

Ingredients

- 1 lb Ground Chicken (92/8)
- 1/2 Tbsp (8g) Chili Oil
- 1/2 C (96g) Swerve Brown Sugar
- 1/4 C (60g) Buffalo Sauce
- 2 Tbsp (30g) Cider or Rice Vinegar
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Red Pepper Flakes

Instructions

1. Heat a skillet over medium-high heat with the chili oil. Brown both sides of the chicken, about 3-4 minutes per side, before mincing and fully cooking.
2. While the chicken cooks, whisk the remaining ingredients together in a mixing bowl.
3. Once the chicken is fully cooked, add the sauce to the pan and cook until thick and syrupy.
4. Serve with scallions and toasted sesame seeds over rice or cauliflower rice.



Notes

Nutrition Info Notes

- Each serving has 4 WW SmartPoints (blue).
- The nutrition facts do not include any nutrition info from the Swerve Brown Sugar. Erythritol has 0.2 calories per gram so the entire recipe has around 20 calories if you'd like to include it.
- With real brown sugar, each serving has 24g of carbs and 275 calories.

Nutrition Information: **YIELD:** 4 Servings **SERVING SIZE:** 4 ounces

Amount Per Serving: CALORIES: 185 TOTAL FAT: 11g CARBOHYDRATES: 0g PROTEIN: 22g



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CUISINE: American / **CATEGORY:** Ground Chicken Recipes

<https://masonfit.com/low-carb-firecracker-ground-chicken/>