

Keto Teriyaki Chicken Bowl

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 13.2 g, Fiber: 4.2 g, **Net carbs: 9 g**,

Protein: 33.8 g, Fat: 45.2 g, Calories: 587 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

Chicken:

- 1 1/2 chicken thighs, diced (140 g/ 6 oz)
- 1 tbsp tamari sauce *or* [coconut aminos](#) (18 g/ 0.6 oz)
- 1 tbsp granulated [Erythritol](#) *or* [Swerve](#) (10 g/ 0.4 oz)
- 1/8 tsp ground ginger
- 1/8 tsp garlic powder
- 1 tbsp [ghee](#) *or* duck fat (15 ml)

Vegetables:

- 1/2 medium zucchini, diced (75 g/ 3.5 oz)
- 1/4 small yellow onion, diced (18 g/ 0.6 oz)
- 2 tbsp butter, [ghee](#) *or* duck fat (28 g/ 1 oz)
- sea salt, to taste
- 1/2 tsp [sesame seeds](#)
- 1/2 cup cauliflower rice, cooked (60 g/ 2.1 oz) - ([here's how to prepare cauli-rice](#))
- 1/2 cup broccoli, steamed (45 g/ 1.6 oz)
- 1 green onion, thinly sliced (15 g/ 0.5 oz)

Instructions

1. In a small bowl toss together all of the marinating ingredients for the chicken. Add the chicken. (Optionally let it marinate for 30 minutes or overnight.)
2. Heat a pan over medium high heat, once hot add the chicken to the pan cooking for 3-4 minutes per side until cooked through. Remove and set aside.
3. Add the butter to the pan and add in the zucchini and onion. Sauté for 2-3 minutes until soft. Sprinkle with sesame seeds.
4. To assemble the bowl top with cauliflower rice with the steamed broccoli, chicken, zucchini and onion, and green onion. Serve

immediately or place in an airtight container and store refrigerated for up to 4 days.

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