

# Mandarin Orange Chicken Salad

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-orange-chicken-salad-recipe>

## Ingredients:

- 2 tablespoons low sodium soy sauce
- 3 tablespoons rice vinegar
- 1 teaspoon fresh ginger minced, see note above
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 2 teaspoons chile-garlic sauce see note above
- 1 clove garlic finely minced or pressed through a garlic press
- 1 tablespoon honey
- salt
- pepper
- 4 cups shredded cabbage can use coleslaw mix
- 4 cups romaine lettuce chopped
- 2 cans mandarin oranges 11-ounces each, drained
- 3 cups chicken cooked, chopped, from a rotisserie chicken or this simple, stovetop method
- 3 green onions chopped
- 2 cups chow mein noodles or toasted, chopped almonds, or both

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 500 milligrams
9. Sugar: 21 grams

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