

# Quick Chinese Chicken Salad

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- salad
- 2 boneless, skinless chicken breasts baked, cut into slices
- 1/2 cup teriyaki sauce
- 1 head romaine lettuce chopped
- 1/2 cup shredded carrots
- 1/2 cup orange slices mandarin
- 1/4 cup honey roasted slivered almonds
- 1/4 cup scallions sliced
- 1/4 cup chinese noodles crispy
- 1 tablespoon black sesame seeds
- dressing
- 1/2 cup teriyaki sauce
- 1/4 cup rice wine vinegar
- 1 tablespoon honey
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon ginger grated

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 40 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 2870 milligrams
9. Sugar: 35 grams

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