

# Teriyaki Chicken Salad Sandwiches

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/teriyaki-and-pineapple-chicken-recipes>

## Ingredients:

- 2 chicken breasts
- 1 teriyaki sauce recipe of
- 2 stalks celery finely chopped
- 1/3 cup sliced green onions chopped
- 1/4 cup sliced almonds toasted
- 1 mango cut into small cubes, or 1 small can of Mandarin oranges, drained
- 1 can pineapple tidbits OR roughly-chopped chunks
- 1/2 cup light mayonnaise
- salt
- pepper
- croissants or pitas
- lettuce leaves

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 50 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 480 milligrams
9. Sugar: 15 grams

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