

Chinese Chicken Rice Salad

Yield: 6 min
Total Time: 540 min

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

Ingredients:

- 1 cup brown rice
- 2 1/2 cups water
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 tablespoons soy sauce
- 1 teaspoon fresh ginger root minced
- 1 teaspoon teriyaki sauce
- salt
- black pepper
- 2 cups chicken breast meat chopped, cooked
- 1 cup celery sliced
- 1 cup water chestnuts sliced
- 1 cup fresh mushrooms sliced
- 1/2 cup green onion diced
- 1/2 cup red bell pepper diced

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 700 milligrams
9. Sugar: 2 grams

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