

Easy Chicken Teriyaki Bowls

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-chicken-teriyaki-indian-style>

Ingredients:

- 1 package chicken Tyson® Grilled & Ready®, 2.2 oz/1.37 lb/623 g
- 1/2 cup Wish-Bone Italian Dressing divided
- 1/2 cup teriyaki sauce divided
- 2 cups broccoli florets
- 1 1/2 cups carrots grated into thin strips
- 2 teaspoons sesame seeds
- 3 cups rice prepared

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 110 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 41 grams
7. SaturatedFat: 3 grams
8. Sodium: 2030 milligrams
9. Sugar: 10 grams

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