

Kung Pao Chicken Salad

cals: **203.2** fat: **1.6** g protein: **31.1** g carbs: **22.8** g fiber: **3.1** g

Servings per recipe: 1

Serving counts as 1 protein, 1 vegetable

Ingredients

- 100 grams chicken, broiled or grilled, cut into chunks
- 50 grams chopped onion
- 1 tsp sambal olek chilli paste
- 50 grams of salad greens

marinade:

1 part bragg's aminos (or low sodium soy sauce)
1 part apple cider vinegar

seasoning:

3 cloves garlic
1 tsp. fresh ginger root

sauce:

1/2 c water
1-2 tsp. liquid aminos
1 tsp. white vinegar
salt, to taste



Directions

- In small dish, combine marinade & chicken and refrigerate 30 mins to 1 hour.
- Preheat non-stick pan on MED-HI heat & cook chicken with sambal oelek 1-3 mins.
- Remove chicken from pan and set aside.
- Add onion to pan and cook until softened.
- Stir seasoning mixture in with onions and cook 1-3 mins.
- Add sauce mixture to pan. Cook 1-3 mins.
- Add chicken back to pan. Stir. Cook 1-3 mins.
- Pour warm chicken and pan ingredients on top of 50 grams of salad greens.

Nutritional Info Servings Per Recipe: 1 Amount Per Serving

- Calories: 203.2
- Total Fat: 1.6 g
- Cholesterol: 58.0 mg
- Sodium: 3,027.1 mg
- Total Carbs: 22.8 g
- Dietary Fiber: 3.1 g
- Protein: 31.1 g



telephone
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com