



Orange Chicken Bowl



Entire recipe: 336 calories, 6.5g total fat (1g sat. fat), 628mg sodium, 40g carbs, 5g fiber, 30.5g sugars, 30.5g protein

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Prep: 5 minutes

Chill: 1 hour



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Ingredients

- 1 1/2 tbsp. orange marmalade
- 1 tbsp. reduced-sodium soy sauce
- 2 1/2 cups shredded coleslaw mix
- 3 oz. cooked and chopped skinless chicken breast
- 1/3 cup mandarin orange segments packed in juice, drained
- 2 tbsp. chopped scallions
- 1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a large bowl, combine marmalade with soy sauce. Stir until uniform.

Add slaw mix, chicken, and oranges. Toss to mix and coat.

Cover and marinate in the fridge for at least 1 hour.

Serve topped with scallions and almonds.

MAKES 1 SERVING

HG Tip: To cut the sugar in this recipe, use sugar-free or reduced-sugar orange marmalade.

HG FYI: Not all soy sauces are gluten free, so read labels carefully if that's a concern.

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