



Scoopy Asian Chicken Salad



1/4th of recipe (about 2/3 cup): 166 calories, 5.5g total fat (0.5g sat fat), 499mg sodium, 15g carbs, 1g fiber, 8g sugars, 12.5g protein

Freestyle™ [SmartPoints®](#) value 2*

Prep: 10 minutes



Ingredients

1/4 cup light mayonnaise
2 tbsp. sweet Asian chili sauce
1/8 tsp. ground ginger
1/8 tsp. garlic powder
One 10-oz. can 98% fat-free chunk white chicken breast in water, drained and flaked
One 8-oz. can (about 1 cup) canned water chestnuts, drained and roughly chopped
1/2 cup chopped scallions
1/2 cup canned mandarin orange segments packed in juice, drained and chopped
Optional topping: sesame seeds

Directions

In a large bowl, combine mayo, chili sauce, and seasonings. Mix until uniform.

Add chicken, and stir to coat.

Stir in remaining ingredients.

MAKES 4 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.