

# Chinese Shredded Chicken and Cucumber Salad

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-salt-and-pepper-shredded-chicken-recipe>

## Ingredients:

- chicken Shredded
- 4 cucumbers medium
- 3 cloves garlic
- 2 scallions
- 3 teaspoons sesame oil
- salt as desired

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 245 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 79 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 490 milligrams
9. Sugar: 6 grams

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