



Crunchy Chicken and Cucumber Salad



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1 medium cucumber peeled seeded finely chopped
- ☐ 1 clove garlic crushed
- ☐ 6 green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons rice vinegar
- ☐ 6 cups torn salad greens mixed
- ☐ 1.5 pounds skinned

- ☐ 1.5 teaspoons sugar
- ☐ 1 teaspoon vegetable oil

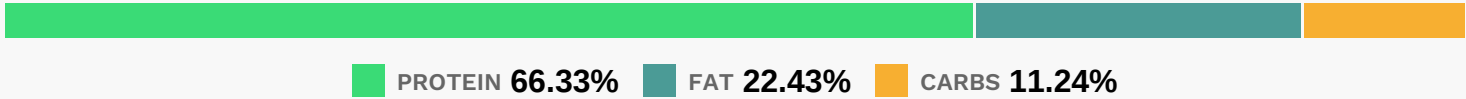
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add chicken; cook 7 minutes on each side or until done.
- ☐ Remove chicken from skillet; let cool slightly, and coarsely chop chicken.
- ☐ While chicken cooks, combine vinegar and next 5 ingredients in a small bowl, stirring well with a wire whisk.
- ☐ Combine chicken, cucumber, green onions, and salad greens in a large bowl.
- ☐ Add vinegar mixture, and toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:15.210434830707%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 158.61kcal (7.93%), Fat: 3.82g (5.87%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.77g (1.97%), Cholesterol: 72.57mg (24.19%), Sodium: 288.8mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Vitamin B3: 12.18mg (60.88%), Selenium:

36.69µg (52.42%), Vitamin B6: 0.92mg (45.97%), Vitamin K: 28.9µg (27.52%), Phosphorus: 273.06mg (27.31%), Vitamin B5: 1.77mg (17.69%), Vitamin C: 14.16mg (17.16%), Potassium: 584.16mg (16.69%), Vitamin A: 649.56IU (12.99%), Magnesium: 43.33mg (10.83%), Vitamin B2: 0.16mg (9.54%), Folate: 33.53µg (8.38%), Manganese: 0.15mg (7.5%), Vitamin B1: 0.1mg (6.95%), Zinc: 0.88mg (5.9%), Iron: 0.99mg (5.51%), Copper: 0.09mg (4.43%), Vitamin B12: 0.23µg (3.78%), Calcium: 26.86mg (2.69%), Vitamin E: 0.38mg (2.55%), Fiber: 0.6g (2.39%)