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Lone Grilled Chicken Salad ♦

A delicious grilled chicken salad that is perfect for a healthy lunch or dinner. The chicken is marinated in a flavorful mixture of herbs and spices, then grilled to perfection. It is served on a bed of fresh greens and topped with a tangy vinaigrette dressing. This salad is packed with protein and nutrients, making it a nutritious and satisfying meal option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	Mixed Greens
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion

100 g	feta cheese
50 g	Kalamata Olives
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	dried oregano
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

In a bowl, combine olive oil, lemon juice, dried oregano, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the chicken breast in the marinade and let it marinate for at least 30 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat the grill to medium-high heat. Grill the chicken breast for about 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Cutting

Remove the chicken from the grill and let it rest for a few minutes. Slice the chicken into strips.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, feta cheese, and Kalamata olives.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Add the sliced chicken to the bowl and toss everything together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Mixing

In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper to make the vinaigrette dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Mixing

Drizzle the vinaigrette dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the grilled chicken salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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