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## Grilled Chicken Club Salad ♦

A delicious and healthy salad made with grilled chicken, fresh vegetables, and crispy bacon. Perfect for a light lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

|       |                        |
|-------|------------------------|
| 200 g | grilled chicken breast |
| 100 g | lettuce                |
| 50 g  | Tomato                 |
| 50 g  | cucumber               |
| 50 g  | bacon                  |
| 50 g  | Avocado                |

50 g Cheese

## Directions

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### Step 1

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Cutting

Chop the lettuce, tomato, cucumber, avocado, and cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Frying

Cook the bacon until crispy.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Cutting

Slice the grilled chicken breast.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Combine all the ingredients in a large bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the salad and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat: 20 g**

**Protein: 30 g**

**Carbohydrates: 10 g**

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 30 g  | 176.47%                | 176.47%                  |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g  | 18.18%                 | 20%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| Sugars        | 2 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       | 8 g   | 36.36% | 47.06% |
| Fat                 | 20 g  | 71.43% | 80%    |
| Cholesterol         | 70 mg | N/A    | N/A    |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 50 iu  | 5.56%                  | 7.14%                    |
| Vitamin C   | 25 mg  | 27.78%                 | 33.33%                   |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 15 mcg | 625%                   | 625%                     |
| Vitamin E   | 6 mg   | 40%                    | 40%                      |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 500 mg | 21.74%                 | 21.74%                   |
| Calcium   | 20 mg  | 2%                     | 2%                       |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 15 mg  | 0.44%                  | 0.58%                    |
| Zinc      | 8 mg   | 72.73%                 | 100%                     |

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Selenium | 20 mcg | 36.36%                 | 36.36%                   |

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Picnic

### Course

Salads

### Cultural

Chinese New Year Passover Easter

### Diet

Vegetarian Diet Vegan Diet Raw Food Diet Lacto-Ovo Vegetarian Diet  
 Fruitarian Diet Engine 2 Diet Gluten-Free Diet The Fast Metabolism Diet  
 Nutrient Timing Diet The F-Plan Diet The Air Diet The Werewolf Diet

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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