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## Spicy Thai Chicken Salad •

Spicy Thai Chicken Salad is a flavorful and refreshing dish that combines warm grilled chicken with a mix of fresh vegetables and Thai-inspired dressing. It is a perfect balance of spicy, tangy, and savory flavors, making it a popular choice for 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:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
200 g	lettuce
150 g	cucumber
100 g	carrot
100 g	Red Bell Pepper

50 g	Green onion
25 g	fresh cilantro
50 g	Roasted Peanuts
30 g	Lime
30 ml	fish sauce
15 ml	soy sauce
15 ml	sesame oil
15 g	honey
2 cloves	garlic
1 pieces	Red Chili Pepper

## Directions

### Step 1

Grilling

Preheat the grill and season the chicken breasts with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

Grilling

Grill the chicken breasts until cooked through, about 5-7 minutes per side. Let them rest for a few minutes before slicing.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 3

In a small bowl, whisk together the fish sauce, soy sauce, sesame oil, honey, lime juice, minced garlic, and chopped red chili pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

In a large bowl, combine the lettuce, cucumber, carrot, red bell pepper, green onion, and fresh cilantro. Toss with the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Divide the salad mixture among serving plates and top with sliced grilled chicken. Garnish with roasted peanuts and lime wedges.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 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	4 g	10.53%	16%
Sugars	6 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	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
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	30 mg	33.33%	40%
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	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

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

### Cuisines

Italian Thai

### Course

Appetizers Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Diwali Halloween

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$40 to \$50

### Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Okinawa Diet

Alkaline Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The Baby Food Diet

The 3-Hour Diet

The French Women Don't Get Fat Diet

The Cookie Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

The Negative Calorie Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

The SlimFast Diet

The Cambridge Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The HCG Diet

The Optavia Diet

The Pritikin Diet

The Starch Solution Diet

The Vertical Diet

The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Anti-Candida Diet

The Dr. Sebi Diet

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet

The Low-Protein Diet

The High-Calcium Diet

The High-Potassium Diet

The Low-Potassium Diet

The High-Iron Diet

The Low-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin D Diet

The High-Vitamin C Diet

The High-Vitamin K Diet

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet

The Winter Warming Diet

The Low-Sulfur Diet

The High-Sulfur Diet

The Eczema Diet

The Psoriasis Diet

The Rosacea Diet

The Acne Diet

The Migraine Diet

The Celiac Disease Diet

The Gallbladder Diet

The Kidney Stone Diet

The Anti-Anxiety Diet

The Depression Diet

The Adrenal Fatigue Diet

The Endometriosis Diet

The Hashimoto's Disease Diet

The Lyme Disease Diet

The Diverticulitis Diet

The Restless Leg Syndrome Diet

The Tinnitus Diet

The Interstitial Cystitis Diet



The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

## Cooking Method

Grilling Boiling Cutting Serving Cooking None Stir-frying Sprinkling

Heating Refrigerating Cooling Oven Stove

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Medium

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