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## Chicken and Chickpea Spinach Salad ••

A healthy and flavorful salad made with grilled chicken breast, chickpeas, spinach, hemp seeds, and cheddar cheese. Perfect for a light lunch or dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	Chicken Breast Meat
<b>200 g</b>	Chickpea
<b>150 g</b>	spinach
<b>30 g</b>	Hemp Seeds
<b>100 g</b>	Cheddar Cheese

50 g	red onion
100 g	grape tomatoes
100 g	Avocado

## Directions

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### Step 1

Grilling

Preheat the grill and cook the chicken breast until fully cooked.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

In a large bowl, combine the chickpeas, spinach, hemp seeds, cheddar cheese, red onion, grape tomatoes, and avocado.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Slice the grilled chicken breast and add it to the bowl with the other ingredients.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Toss the salad gently to combine all the ingredients.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve the salad in individual bowls and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 30 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	80 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	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
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	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Brunch

Appetizer

Main Course

## Course

Salads

Sauces & Dressings

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