



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

BBQ Chicken Salad ^{♦♦}

BBQ Chicken Salad is a delicious and healthy salad that combines the smoky flavors of BBQ chicken with fresh vegetables and tangy dressing. It is a perfect dish for summer picnics and barbecues.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
4 tbsp	barbecue sauce
200 g	lettuce
150 g	Tomato
100 g	cucumber

50 g	red onion
100 g	Avocado
100 g	corn
100 g	Black Beans
10 g	Cilantro
2 tbsp	lime juice
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Grilling

Preheat the grill and brush the chicken breasts with barbecue sauce.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the chicken breasts for 5 minutes on each side or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Resting

Remove the chicken from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cutting

Slice the chicken into strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the lettuce, tomato, cucumber, red onion, avocado, corn, black beans, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Plating

Top the salad with sliced BBQ chicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic Game Day

Kitchen Tools

Slow Cooker

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Hanukkah Oktoberfest

Cost

Over \$50

Demographics

Lactation Friendly

Heart Healthy

Diet

Mediterranean Diet

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

Paleo Diet

5:2 Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com