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## Fuji Apple Chicken Salad ♦♦

This refreshing salad combines the crispness of Fuji apples with tender chicken and a tangy dressing. It's perfect for a light lunch or dinner.

**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

200 g	Fuji Apples
300 g	chicken breast
100 g	lettuce
50 g	red onion
50 g	walnuts
100 g	Grapes

50 g	mayonnaise
50 g	greek yogurt
30 ml	lemon juice
2 tsp	dijon mustard
2 tsp	honey
1 tsp	salt
1 tsp	black pepper

## Directions

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### Step 1

Boiling

Cook the chicken breast and let it cool. Then, shred it into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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### Step 2

Cutting

Wash and chop the lettuce, red onion, and grapes. Slice the Fuji apples.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the shredded chicken, lettuce, red onion, grapes, and sliced Fuji apples.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Mixing

In a separate small bowl, whisk together the mayonnaise, Greek yogurt, lemon juice, Dijon mustard, honey, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Mixing

Pour the dressing over the salad and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	12 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	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
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	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Easter Picnic

### Course

Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Hanukkah

### Demographics

Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

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

Volumetrics Diet Paleo Diet The Whole30 Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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