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## Avocado and Greek Yogurt Chicken Salad ••

This Avocado and Greek Yogurt Chicken Salad is a refreshing and healthy dish that combines the creaminess of avocado and Greek yogurt with the protein-rich chicken. It can be enjoyed as a main course or as a side dish. The salad is packed with nutrients and is perfect for those looking for a light and satisfying meal.

**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

400 g	chicken breast
200 g	Avocado
200 g	greek yogurt
2 tsp	Lemon juice

<b>2</b> <b>cloves</b>	garlic
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>20 g</b>	fresh cilantro

## Directions

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### Step 1

#### Boiling

Cook the chicken breast until fully cooked and tender. Let it cool and then shred it into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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### Step 2

#### Mixing

In a mixing bowl, combine the shredded chicken, mashed avocado, Greek yogurt, lemon juice, minced garlic, salt, black pepper, and chopped fresh cilantro. Mix well until all the ingredients are evenly combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 220 kcal

**Fat:** 12 g

**Protein:** 20 g

**Carbohydrates:** 8 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	8 g	14.55%	16%
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	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Halloween Picnic

### Cuisines

Thai Mediterranean Spanish American

### Nutritional Content

Low Calorie Low Fat Sugar-Free High Calcium

### Course

Appetizers Salads Sauces & Dressings

### Cultural

Diwali St. Patrick's Day Halloween

### Demographics

Teen Friendly

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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