



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken and Watercress Salad with Almonds and Feta ••

A refreshing and nutritious salad made with chicken, watercress, almonds, and feta cheese. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	chicken breast
200 g	Watercress
50 g	almonds
100 g	feta cheese

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the grilled chicken breast into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Preparation

Wash and dry the watercress.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Chop the almonds into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Preparation

Crumble the feta cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Mixing

In a large bowl, combine the watercress, grilled chicken, almonds, and feta cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Serving

Serve the salad and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
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	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Soups Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Hanukkah Oktoberfest Easter

Halloween

Demographics

Senior Friendly Pregnancy Safe Lactation Friendly Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com