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## Cold Chicken Salad ♦♦

A refreshing and delicious salad made with cold chicken, perfect for a summer meal. The chicken is cooked and then chilled, then mixed with fresh vegetables and a tangy dressing. It can be served as a main dish or as a side.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
200 g	lettuce
200 g	Tomato
150 g	cucumber
100 g	red onion

<b>2 tbsp</b>	olive oil
<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	dijon mustard
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

## Directions

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### Step 1

Boiling

Cook the chicken breast until fully cooked. Let it cool and then refrigerate for at least 1 hour.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

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### Step 2

Cutting

Chop the lettuce, tomato, cucumber, and red onion into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

### Mixing

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Cutting

Slice the chilled chicken breast into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Mixing

In a large bowl, combine the chopped vegetables, sliced chicken, and dressing. Toss until everything is well coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Serving

Serve the cold chicken salad chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
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	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	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
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 Picnic

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Difficulty Level

Medium

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