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## BLT Chicken Salad Stuffed Avocado

BLT Chicken Salad Stuffed Avocado is a delicious and healthy recipe that combines the flavors of a classic BLT sandwich with a creamy chicken salad. The avocado acts as a natural bowl, providing a nutritious and satisfying meal. This recipe is perfect for lunch or a light dinner.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

400 g	chicken breast
100 g	bacon
400 g	Avocado
100 g	lettuce

<b>200 g</b>	Tomato
<b>50 g</b>	mayonnaise
<b>30 ml</b>	lemon juice
<b>5 g</b>	salt
<b>2 g</b>	pepper

## Directions

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### Step 1

#### Grilling

Cook chicken breast and bacon until fully cooked. Let them cool and dice into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

#### Cutting

Cut avocado in half and remove the pit. Scoop out some of the flesh to create a hollow space for the chicken salad.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, combine diced chicken, bacon, lettuce, tomato, mayonnaise, lemon juice, salt, and pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 4

#### Filling

Fill each avocado half with the chicken salad mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 30 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
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	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Salads

Snacks

Sauces & Dressings

Appetizers

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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