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Chicken and Spinach Salad · ·

A delicious and healthy salad made with chicken and spinach. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
200 g	spinach
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
30 ml	olive oil

20 ml	lemon juice
5 g	salt
2 g	black pepper

Directions

Step 1

Grilling

Cook the chicken breast on a grill or stovetop until fully cooked.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the cooked chicken breast into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Preparation

Wash and dry the spinach leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Slice the cherry tomatoes in half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the cucumber and red onion into thin slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

In a large bowl, combine the spinach, cherry tomatoes, cucumber, and red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 9

Plating

Top the salad with the sliced chicken breast.

Prep Time: 1 mins

Cook Time: 0 mins

Step 10

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 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)
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Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 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	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Halloween Picnic

Cuisines

Italian Chinese Thai Spanish American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free

Kitchen Tools

Blender

Course

Main Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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