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## Greek Yogurt Chicken Salad <sup>♦♦</sup>

Greek Yogurt Chicken Salad is a healthy and delicious dish that combines tender chicken, creamy Greek yogurt, and fresh vegetables. It is a perfect option for a light lunch or dinner. This recipe is easy to make and can be enjoyed by both meat lovers and health-conscious individuals.

**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

400 g	chicken breast
200 g	greek yogurt
100 g	cucumber
100 g	Cherry Tomatoes
50 g	red onion

30 ml	lemon juice
30 ml	olive oil
5 g	salt
2 g	black pepper
10 g	fresh dill

## Directions

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### Step 1

Grilling

Cook the chicken breast until fully cooked.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

Cutting

Let the chicken breast cool and then shred it into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the shredded chicken, Greek yogurt, cucumber, cherry tomatoes, red onion, lemon juice, olive oil, salt, black pepper, and fresh dill.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 4

Mixing

Mix everything together until well combined.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Refrigerating

Refrigerate the chicken salad for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
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	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Halloween Picnic

### Cuisines

Mediterranean Greek

### Course

Salads Sauces & Dressings

### Cooking Method

Baking Boiling Cutting Cut Resting Plating Serving Cooking  
None Refrigerating Cooling Stove

### Meal Type

Lunch Snack Supper

### Difficulty Level

Easy

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