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## Avocado Chicken Salad <sup>♦♦</sup>

Avocado Chicken Salad is a delicious and healthy salad that combines the creaminess of avocado with the protein-packed chicken. It can be enjoyed as a light lunch or dinner option.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>200 g</b>	Avocado
<b>100 g</b>	lettuce
<b>150 g</b>	Cherry Tomatoes
<b>50 g</b>	red onion

30 ml	lemon juice
45 ml	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Cutting

Chop the grilled chicken breast into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the chopped chicken, diced avocado, lettuce, cherry tomatoes, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Pour the dressing over the salad and toss gently to coat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 25 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	60 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	6 mcg	250%	250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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