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Chicken Finger Salad ♦

A delicious salad made with crispy chicken fingers and fresh vegetables.

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

400 g	chicken breast
100 g	bread crumbs
200 g	lettuce
150 g	Tomatoes
100 g	cucumbers
100 g	Carrots
50 g	ranch dressing

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Cutting

Cut the chicken breast into finger-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Dipping, coating

Dip the chicken fingers into the ranch dressing, then coat them in bread crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Place the coated chicken fingers on a baking sheet and bake for 15 minutes, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Mixing

In a large bowl, combine the lettuce, tomatoes, cucumbers, and carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cutting

Slice the cooked chicken fingers and add them to the bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

Drizzle the salad with ranch dressing and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the chicken finger salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 35 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Christmas

Cost

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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