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## Campero Grilled Chicken Salad ♦

A delicious salad featuring grilled chicken, fresh vegetables, and a tangy dressing. This salad is perfect for a light lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	chicken breast
200 g	lettuce
150 g	Tomato
100 g	cucumber
50 g	red onion
2 tbsp	olive oil

<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Season the chicken breasts with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Grilling

Grill the chicken breasts for 5-6 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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## Step 4

Cutting

Remove the chicken from the grill and let it rest for 5 minutes. Slice the chicken into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a large bowl, combine the lettuce, tomato, cucumber, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

### Mixing

Pour the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

### Plating

Divide the salad among plates and top with the sliced grilled chicken.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

### Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
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)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

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

## Recipe Attributes

### Meal Type

Lunch Breakfast Dinner Snack

### Course

Salads Sauces & Dressings Breads Snacks Side Dishes Desserts Soups

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Kitchen Tools

Slow Cooker Blender

### Cultural

Chinese New Year Cinco de Mayo Diwali

### Difficulty Level

Medium

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