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Garden Deluxe Salad with Buffalo Chicken Strips

This Garden Deluxe Salad with Buffalo Chicken Strips is a delicious and satisfying meal option. The salad is packed with fresh vegetables and topped with crispy buffalo chicken strips for a flavorful twist. It's perfect for lunch or dinner.

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
4 tbsp	buffalo sauce
200 g	lettuce
150 g	Tomato

100 g	cucumber
100 g	carrot
50 g	red onion
100 g	Blue cheese
4 tbsp	ranch dressing
1 tsp	Salt
1 tsp	Pepper
2 tbsp	Olive oil

Directions

Step 1

Oven

Preheat the oven to 400°F.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Season the chicken breasts with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

Cook the chicken breasts in the skillet until browned on both sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Transfer the chicken breasts to a baking sheet and brush with buffalo sauce.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Oven

Bake the chicken in the preheated oven for 10 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Cut

Slice the cooked chicken into strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Mixing

In a large bowl, combine lettuce, tomato, cucumber, carrot, red onion, and blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Add the sliced chicken strips to the bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Drizzle ranch dressing over the salad and toss to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 11

Serving

Serve the Garden Deluxe Salad with Buffalo Chicken Strips.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 30 g

Carbohydrates: 15 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)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	18 g	64.29%	72%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
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

Christmas

Easter

Thanksgiving

Birthday

Mother's Day

Barbecue

Game Day

Cuisines

Chinese

Mexican

Thai

Mediterranean

Spanish

American

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Appetizers

Salads

Snacks

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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