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Monterrey Pollo Salad ^{♦♦}

Monterrey Pollo Salad is a delicious and refreshing salad that combines grilled chicken, avocado, tomatoes, corn, black beans, and lettuce. It is topped with a tangy lime dressing and served with tortilla chips. This salad is perfect for a light lunch or dinner.

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	grilled chicken breast
200 g	Avocado
200 g	Tomatoes
100 g	corn
100 g	Black Beans

100 g	lettuce
50 g	tortilla chips
50 g	lime dressing

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the grilled chicken breast into strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Dice the avocado and tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Rinse and drain the corn and black beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Tear the lettuce into bite-sized pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

In a large bowl, combine the grilled chicken, avocado, tomatoes, corn, black beans, and lettuce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Mixing

Drizzle the lime dressing over the salad and toss to coat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Serving

Serve the salad with tortilla chips on the side.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
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	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	700 mg	20.59%	26.92%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Mexican

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Events

Picnic

Course

Salads

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Passover

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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