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Honey Crisp Chicken Salad ♦♦

A delicious chicken salad made with honey crisp apples and a sweet honey dressing. 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

500 g	chicken breast
250 g	honey crisp apples
100 g	mayonnaise
100 g	greek yogurt
30 g	honey
2 tsp	Lemon juice

1 tsp	Salt
1 tsp	Black pepper
200 g	lettuce

Directions

Step 1

Oven

Cook the chicken breast until fully cooked. Let it cool and then shred it.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Mixing

In a bowl, mix together mayonnaise, Greek yogurt, honey, lemon juice, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the shredded chicken, diced honey crisp apples, and lettuce. Pour the dressing over the mixture and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Serve the chicken salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	15 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Picnic

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Over \$50

Demographics

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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