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Santa Fe Chicken Salad ♦

Santa Fe Chicken Salad is a flavorful and hearty salad that combines grilled chicken, black beans, corn, tomatoes, avocado, and a tangy cilantro-lime dressing. It is a popular dish in Southwestern cuisine and is often served as a main course or as a filling for tacos or burritos.

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
200 g	Black Beans
200 g	corn
200 g	Tomatoes
200 g	Avocado

20 g	Cilantro
30 ml	lime juice
30 ml	olive oil
5 g	salt
5 g	pepper
5 g	cumin
5 g	paprika
5 g	garlic powder
5 g	onion powder

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the chicken breasts with salt, pepper, cumin, paprika, garlic powder, and onion powder.

Prep Time: 5 mins

Cook Time: 10 mins

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

Step 4

Resting

Let the chicken rest for 5 minutes, then slice it into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the black beans, corn, tomatoes, avocado, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Whipping

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Stirring

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Stirring

Add the sliced grilled chicken to the salad and toss gently to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the Santa Fe Chicken Salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
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	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Cuisines

Italian Mexican Thai Mediterranean Spanish American Middle Eastern

Nutritional Content

Low Calorie Low Fat

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Diwali

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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