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Healthy Avocado Chicken Salad

If you love chicken salad & avocados, then you are going to ga-ga for this Healthy Avocado Chicken Salad recipe. How can this taste THIS GOOD & be HEALTHY!

PREP TIME:
5 minutes

COOK TIME:
20 minutes

SERVES:
6

CALORIES: 202

Ingredients

- 2 cups shredded chicken
- 1 avocado
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp lime juice
- 1 tsp fresh cilantro
- 1/4 cup mayo
- 1/4 cup plain Greek Yogurt

Instructions

- 1 Mix all ingredients in a large bowl. Cover and refrigerate for at least 20-30 minutes to let all those yummy flavors blend together.
- 2 Serve on your favorite bread, crackers, pita pocket or on a bed of lettuce.

Recipe Notes:

Serve any Healthy Avocado Chicken Salad leftovers for lunch the next day!

Nutrition Information:

Calories: 202kcal (10%) **Carbohydrates:** 4g (1%) **Protein:** 13g (26%) **Fat:** 15g (23%)
Saturated Fat: 3g (15%) **Cholesterol:** 39mg (13%) **Sodium:** 294mg (12%)
Potassium: 281mg (8%) **Fiber:** 2g (8%) **Sugar:** 1g (1%) **Vitamin A:** 70IU (1%)
Vitamin C: 3.9mg (5%) **Calcium:** 19mg (2%) **Iron:** 0.8mg (4%)

Course: Dinner, Healthy, Lunch Idea, Lunchbox Idea Cuisine: chicken Keyword: Healthy Avocado Chicken Salad

did you make this recipe?

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