






CHICKEN AVOCADO SALAD [2 SERVINGS]

Super yummy and easy! [for any meal!]

 5 minutes
 10 minutes
 2 portions

INGREDIENTS

- 250 grams of chicken, broilers or fryers, rotisserie, original seasoning, breast, meat and skin, cooked
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 1 celery stalk, chopped
- 1/2 capsicum [green or red]
- Juice from 1 lime
- 1/3 cup red onion
- 1 tsp of onion powder
- 1 tsp of garlic powder
- 30 grams of yogurt, Greek, plain, nonfat **or** 1/4 serve of yoghurt, Coconut, Dairy Free [25 g]

COOKING METHOD

- 1° Mix together the avocado and yogurt first in a large bowl. Then fold/mix in the rest of the ingredients until thick and chunky. Enjoy on a bed of mixed greens or with whole wheat bread or pita with lettuce and tomato.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [238 g]	% DRI
ENERGY	115 kcal	272 kcal	14 %
PROTEIN	13 g	30 g	60 %
CARBOHYDRATE	5 g	11 g	4 %
SUGARS	1 g	3 g	3 %
FAT	6 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
FIBER	2 g	4 g	16 %
SODIUM	159 mg	378 mg	16 %