## Avocado Chicken Salad

## Yield: 4 servings

2 cups chicken breast, cooked, shredded or cubed

½ cup avocado

½ cup plain Greek yogurt

1 Tbsp cilantro, chopped

½ tsp onion powder

½ tsp garlic powder

1 Tbsp lime juice

Pinch of black pepper

3 cups baby spinach

**Preparation**

1. Mash avocado in a large mixing bowl. Add Greek yogurt and stir to combine.
2. Add dry seasonings and lime juice and stir to combine.
3. Add chicken to avocado mixture and stir until thoroughly incorporated.

**Chicken Avocado Salad**

Portion Size: 145 Gram(s)
Recipe Makes: 4 Serving(s)

**Nutritional Values**

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| --- | --- | --- | --- |
| **Nutrient Name**  | **Nutrient Value** | **Unit** | **Daily Value %** |
|  Calories | 170 |    |    |
|  Calories from Fat | 55 |    |    |
|  Total Fat | 6.5 |   g |   10% |
|  Saturated Fat | 1.7 |   g |   9% |
|  Trans Fat  | 0 |   g |    |
|  Cholesterol  | 75 |   mg |   21% |
|  Sodium | 85 |   mg |   % |
|  Carbohydrates  | 4.5 |   g |   2% |
|  Dietary Fiber | 2 |   g |   8% |
|  Sugars | 1.5 |   g |    |
|  Protein | 24 |   g |    |
|  Vitamin A |      |   IU |   45% |
|  Vitamin C |      |   mg |   13% |
|  Calcium |      |   mg |   8% |
|  Iron  |      |   mg |   8% |