AMERICAN · LUNCH

Avocado Chicken Salad (No Mayo, No Yoghurt)

10 min · Serves 4 · 229 kcal a serve · Video 4:06 · Clean & Delicious

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

28 g protein and 3 g net carbs a serve: chicken breast bound with mashed avocado and lime instead of mayo, with no dairy, grains or sugar.

Diet notes: Low carb (2.5 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.9 g, 7% of the energy).

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Ingredients 9 · SERVES 4

- [ ] 1 large **ripe avocado**
- [ ] 2–3 tbsp **fresh lime juice** (from 1 lime)
- [ ] 1 clove **garlic**, crushed
- [ ] **Salt**: a fat pinch of sea salt and pepper, to taste
- [ ] 2 cups (12 oz) cooked **chicken breast**, chopped or shredded (rotisserie is fine)
- [ ] ¼ cup finely diced **radish**
- [ ] ¼ cup thinly sliced **scallions** (about 2)
- [ ] 2 tbsp diced **bell pepper or jalapeño**, ribs and seeds removed
- [ ] 2 tbsp chopped **cilantro** (or parsley)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the avocado, remove the pit, score the flesh in a checkerboard and scoop it into a bowl. Mash it against the side of the bowl with a fork. 0:15
2. Stir in the lime juice, a fat pinch of salt and the crushed garlic. 0:37
3. Add the chopped or shredded chicken breast. 1:12
4. Add the radish, scallions, bell pepper or jalapeño and cilantro, season with a little more salt and pepper, and fold everything together until the chicken is coated. 2:09

> **Tip** Mash the avocado before adding the lime and salt. Dani eats it in lettuce wraps, on a sandwich or with crunchy veg; lettuce cups keep it paleo. Leftover rotisserie chicken works well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
229 kcal	28 g	6.4 g
960 kJ	55% of a day	2.5 g net · 1 g sugars
		2% of a day

FIBRE	FAT	SODIUM
3.8 g	10 g	460 mg
14% of a day	1.9 g saturated	20% of a day
	13% of a day	

Energy from net carbs 5% · protein 53% · fat 42% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 43% · Vitamin B6 40% · Vitamin K 23%

Source of (10–19%) Vitamin C 18% · Folate 13% · Vitamin B12 12% · Potassium 11% · Zinc 11% · Magnesium 10%

Recipe and video: Clean & Delicious on YouTube — youtube.com/watch?v=qILlli6E54w. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-chicken-salad-no-mayo