



## Love One Today<sup>®</sup> Crunchy Avocado Chicken Salad



### RECIPE DESCRIPTION:

Enjoy a delicious mix of flavor and textures with this chicken salad featuring creamy fresh avocado, crunchy pecans and chewy dried cranberries. This easy dish provides an excellent source of protein and satisfying fiber, making it a smart addition to your weight management strategy. So versatile, try it in lettuce cups, with crackers or between two slices of whole grain bread.

### RECIPE TIMES:

**Cook Time:** 0

**Prep Time:** 15 minutes

**Total Time:** 15 minutes

**RECIPE SERVING SIZE:** 1 cup

**NUMBER OF SERVINGS:** 2

### INGREDIENTS:

1 ripe, fresh avocado, halved, pitted, peeled, diced and divided  
½ cup plain Greek yogurt  
2 tsp. apple cider vinegar  
½ tsp. celery salt  
¼ tsp. cracked black pepper  
8 oz. cooked chicken breast, diced into ½-inch pieces  
1 oz. unsalted pecans, chopped  
¼ cup dried cranberries, chopped

## INSTRUCTIONS:

Place 2 Tbsp. of the diced avocado in a medium bowl and mash with a fork. Stir in Greek yogurt, apple cider vinegar, celery salt, and pepper until blended. Add diced cooked chicken breast, chopped pecans, and cranberries. Gently mix in remaining diced avocado.

## FULL NUTRITION LABEL:

| <b>Nutrition Facts</b>   |                       |                       |             |
|--------------------------|-----------------------|-----------------------|-------------|
| 2 servings per container |                       |                       |             |
| <b>Serving size</b>      |                       | <b>1 cup (244g)</b>   |             |
|                          | <b>Per Serving</b>    | <b>Per Container</b>  |             |
| <b>Calories</b>          | <b>480</b>            | <b>960</b>            |             |
|                          | <b>% Daily Value*</b> | <b>% Daily Value*</b> |             |
| <b>Total Fat</b>         | 25g <b>32%</b>        | 50g                   | <b>64%</b>  |
| Saturated Fat            | 3.5g <b>18%</b>       | 7g                    | <b>35%</b>  |
| <i>Trans</i> Fat         | 0g                    | 0g                    |             |
| Polyunsaturated Fat      | 5g                    | 10g                   |             |
| Monounsaturated Fat      | 14g                   | 29g                   |             |
| <b>Cholesterol</b>       | 120mg <b>40%</b>      | 240mg                 | <b>80%</b>  |
| <b>Sodium</b>            | 85mg <b>4%</b>        | 170mg                 | <b>7%</b>   |
| <b>Total Carb.</b>       | 27g <b>10%</b>        | 53g                   | <b>19%</b>  |
| Dietary Fiber            | 7g <b>25%</b>         | 14g                   | <b>50%</b>  |
| Total Sugars             | 17g                   | 34g                   |             |
| Incl. Added Sugars       | 6g <b>12%</b>         | 12g                   | <b>24%</b>  |
| <b>Protein</b>           | 43g <b>86%</b>        | 86g                   | <b>172%</b> |
| Vitamin D                | 0mcg 0%               | 0.1mcg                | 0%          |
| Calcium                  | 90mg 6%               | 180mg                 | 15%         |
| Iron                     | 1.5mg 8%              | 2.9mg                 | 15%         |
| Potassium                | 940mg 20%             | 1880mg                | 40%         |
| Vitamin A                | 50mcg 6%              | 100mcg                | 10%         |
| Vitamin C                | 6mg 6%                | 12mg                  | 15%         |
| Vitamin E                | 2.6mg 15%             | 5.1mg                 | 35%         |
| Vitamin K                | 16mcg 15%             | 33mcg                 | 25%         |
| Thiamin                  | 0.3mg 20%             | 0.5mg                 | 40%         |
| Riboflavin               | 0.5mg 40%             | 1mg                   | 80%         |
| Niacin                   | 15.5mg 100%           | 30.9mg                | 190%        |
| Vitamin B6               | 1.6mg 90%             | 3.2mg                 | 190%        |
| Folate                   | 65mcg DFE 15%         | 135mcg DFE            | 35%         |
| Vitamin B12              | 0.7mcg 30%            | 1.3mcg                | 60%         |
| Pantothenic Acid         | 3.3mg 70%             | 6.5mg                 | 130%        |
| Phosphorus               | 450mg 35%             | 900mg                 | 70%         |
| Magnesium                | 85mg 20%              | 170mg                 | 40%         |
| Zinc                     | 2.5mg 25%             | 5mg                   | 45%         |
| Selenium                 | 39mcg 70%             | 77mcg                 | 140%        |
| Copper                   | 0.4mg 40%             | 0.7mg                 | 80%         |
| Manganese                | 0.8mg 35%             | 1.5mg                 | 70%         |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.