

Low-Carb Curry Chicken Salad with Avocado and Egg



Nutrition Facts

Amount Per Serving

Calories	312 kcal
Protein	41g
Carbohydrate	3.9g
Fat	16.9g
Dietary Fiber	1.7g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 150g Chicken
- Leaf salad
- 1 Egg
- 30g Avocado
- 35g Onion
- 5ml Olive oil
- Vinegar
- Pepper
- Salt
- Curry powder

Preparation:

Cut chicken into pieces and roast it for about 12-15 minutes (medium heat). Flavor it with a bit of salt, pepper and curry powder. Cut avocado, onion and egg into pieces and mix it with leaf salad. Add a bit of olive oil and vinegar. Finally add the curry chicken. Enjoy and stay fit!