

# Low Carb Chicken Salad with Raspberry Dressing

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Yields: 4

## Ingredients:

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- 8 to 12 ounces chicken
- 1 tablespoon avocado oil
- Salt and pepper to taste
- ½ cup sliced cucumber
- ½ cup orange and green bell pepper
- 1 tomato sliced
- Lettuce or spring mix
- ¼ cup chopped avocados

## Dressing:

- 1/2 cup Balsamic vinegar
- 2 Tbsp avocado oil
- 1 tsp honey alternative

- 2 tbsp @choczero raspberry syrup

**Directions:**

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1. Cut chicken into cubes.
2. Add chicken to a pan with oil and sauté on medium high heat until lightly browned.
3. Slice up the veggies.
4. Add all of the dressing ingredients into a bowl and mix.
5. Add some of the veggies and chicken into a bowl.
6. Top it off with the raspberry vinaigrette dressing and enjoy!

**Nutrition:**

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Nutrition per serving:

- 4g Net Carbs
- 8g Fiber
- 12g Total Carbs
- 23g Protein
- 11g Fat
- 229 Calories