

# Avocado Chicken Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/buttermilk-chicken-salad-recipe-southern-living>

## Ingredients:

- 2 avocados
- 1 cup buttermilk
- 1 scallion chopped
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh mint leaves
- 2 limes
- 1/3 cup water
- coarse salt
- fresh ground pepper
- 3 cups shredded cooked chicken
- 2 cups cherry tomatoes cut in half
- 1/2 red onion chopped
- 1 avocado diced
- coarse salt
- fresh ground pepper
- tortilla chips Crushed, for garnish, optional
- bread optional
- salad optional

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 95 milligrams
4. Fat: 41 grams
5. Fiber: 16 grams
6. Protein: 38 grams
7. SaturatedFat: 8 grams
8. Sodium: 660 milligrams
9. Sugar: 10 grams

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