AMERICAN · LUNCH

Chicken Salad Lettuce Wraps with Egg, Pecans and Dill

20 min · Serves 5 · 370 kcal a serve · Video 4:05 · Joe Duff - The Diet Chef

Gluten-free ingredients · No dairy listed

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Shredded chicken breast and eggs give 26 g protein a serve for about 3 g net carbs, with lettuce leaves in place of bread; it is rich in selenium and vitamin B6.

Diet notes: Keto (3.3 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

Ingredients 14 · SERVES 5

- [ ] **Chicken breast**: 350 g cooked, shredded chicken breast (rotisserie, skin removed)
- [ ] ½ **red onion** (80 g), finely diced
- [ ] 1 **celery rib** (50 g), sliced
- [ ] 2 large **hard-boiled eggs**, chopped
- [ ] 28 g **pecans**, chopped
- [ ] 120 g **mayonnaise**
- [ ] 1 tbsp (15 g) **Dijon mustard**
- [ ] **Lemon juice**: juice of ½ lemon (10 g)
- [ ] 1 tsp (5 g) **rice vinegar**
- [ ] 1 tsp **dried dill**
- [ ] **salt**, to taste
- [ ] **pepper**, to taste
- [ ] 3 **mini bell peppers** (85 g), diced (optional)
- [ ] large **lettuce leaves**, to serve (about 2 per serve)

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

Allergens found in the listed ingredients: Egg, Tree nuts, Celery, Mustard. 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. Shred the chicken into a large bowl (if using a rotisserie chicken, take off the skin first). 0:39
2. Add the finely diced red onion, the sliced celery, the chopped hard-boiled eggs and the chopped pecans. 1:20
3. Add the mayonnaise, Dijon mustard, lemon juice, rice vinegar, dill, salt and pepper, plus the diced mini peppers if you like, and mix well. 2:23
4. If the chicken was warm, chill the salad for about an hour; if not, serve straight away, spooned into large lettuce leaves to eat as wraps. 3:29

> **Tip** Keeps 5 days in the fridge; if making it ahead, add the lemon juice just before eating and fill the lettuce leaves at the last minute so they stay crisp. Walnuts or slivered almonds can replace the pecans.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
370 kcal	26 g	5.5 g
1,550 kJ	52% of a day	3.3 g net · 2.6 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2.2 g	27 g	660 mg
8% of a day	4.5 g saturated	29% of a day
	35% of a day	

Energy from net carbs 4% · protein 29% · fat 67% — fits keto: 3.3 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Omega-3 113% · Vitamin K 63% · Selenium 50% · Vitamin B6 33% · Vitamin C 28% · Vitamin A 22% · Vitamin B12 22%

Source of (10–19%) Folate 18% · Zinc 13% · Vitamin E 11% · Magnesium 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=rSFat-9oi5c, published 3 May 2020. 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/keto-chicken-salad-egg-pecan-lettuce-wraps