

# CHICKEN SALAD

With MCT mayo

## Time

15 minutes

## Serves

1

## Calories

200

## Carbs (per serving)

1g

## Fat (per serving)

8g

(per serving)

## Protein (per serving)

30g

## Ingredients

- 100 grams (3.5 ounces) pulled chicken
- 2 cloves garlic (minced)
- 1 tbs MCT mayo
- 2 tbs green onions (chopped)
- 1 tsp fresh dill
- Salt and pepper to taste



## Method

Stir together the MCT mayonnaise, fresh dill, green onion, and garlic, until smooth. Add the chicken and stir until the chicken has been evenly coated. Serve cold.