



Chicken BLT Taco Salad

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup salsa thick
- 0.5 cup dressing french
- 8 slices bacon cut into 1/2-inch pieces
- 4 slices chicken breast boneless skinless
- 6 cups lettuce
- 1 medium bell pepper yellow coarsely chopped
- 2 large tomatoes coarsely chopped
- 1 medium avocado pitted peeled cut into thin wedges

- 1.5 cups colby cheese shredded
- 0.3 cup cream sour
- 1 cup tortilla chips

Equipment

- bowl
- frying pan
- paper towels

Directions

- In medium bowl, mix dressing ingredients until well blended.
- In 12-inch nonstick skillet, cook bacon over medium heat until crisp.
- Drain on paper towel; reserve 1 tablespoon drippings in skillet.
- Add chicken to skillet; cook and stir over medium heat 4 to 6 minutes or until browned and no longer pink in center. Cool slightly. Refrigerate 30 minutes or until chilled.
- In deep 3-quart salad bowl, layer lettuce, chicken, bacon, bell pepper and tomatoes. Top with dressing.
- Serve immediately or refrigerate up to 24 hours.
- Just before serving, top with cheese, avocado, sour cream and tortilla chips.

Nutrition Facts

PROTEIN 11.5% **FAT 67.71%** **CARBS 20.79%**

Properties

Glycemic Index:13.75, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:14.976521787436%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 402.05kcal (20.1%), Fat: 31.09g (47.83%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 17.03g (6.19%), Sugar: 6.25g (6.94%), Cholesterol: 42.59mg (14.2%), Sodium: 564.7mg (24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.75%), Vitamin C: 37.93mg (45.98%), Vitamin K: 45.25µg (43.1%), Vitamin A: 1166.54IU (23.33%), Phosphorus: 231.1mg (23.11%), Calcium: 220.85mg (22.08%), Fiber: 4.45g (17.82%), Vitamin E: 2.54mg (16.95%), Vitamin B6: 0.29mg (14.72%), Potassium: 508.16mg (14.52%), Folate: 53.99µg (13.5%), Selenium: 9.41µg (13.45%), Vitamin B2: 0.21mg (12.17%), Vitamin B3: 2.21mg (11.06%), Zinc: 1.64mg (10.93%), Magnesium: 43.39mg (10.85%), Vitamin B1: 0.16mg (10.53%), Manganese: 0.2mg (10.02%), Vitamin B5: 0.87mg (8.72%), Copper: 0.15mg (7.63%), Iron: 1.17mg (6.52%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.24µg (1.58%)