






 **57%**  
HEALTH SCORE

# Chicken Fajita Salad

 **Gluten Free**

READY IN  
  
**40 min.**

SERVINGS  
  
**4**

CALORIES  
  
**410 kcal**

**SIDE DISH**   **LUNCH**   **MAIN COURSE**   **MAIN DISH**

## Ingredients

- 1 tsp chili powder
- 0.5 cup natural milk colby & monterey jack cheese crumbles 2% kraft
- 8 cups torn leaf lettuce
- 0.3 cup juice of lime
- 0.5 cup lite ranch dressing kraft
- 1 bell pepper green red quartered
- 0.3 cup onions red chopped
- 1 lb chicken breasts boneless skinless

# Equipment

- bowl
- grill

# Directions

- Mix lime juice and chili powder; pour over chicken in shallow glass dish. Turn chicken to evenly coat both sides of each breast. Refrigerate 20 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill chicken and peppers 5 min. on each side or until chicken is done (165F).
- Cut chicken and peppers into strips; place in large bowl.
- Add lettuce and onions; mix lightly. Top with cheese and dressing.

# Nutrition Facts



# Properties

Glycemic Index:9.25, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:39.843913332276%

# Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

# Nutrients (% of daily need)

Calories: 409.89kcal (20.49%), Fat: 21.75g (33.46%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 14.61g (5.31%), Sugar: 7.67g (8.52%), Cholesterol: 96.05mg (32.02%), Sodium: 646.66mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.3%), Vitamin A: 35561.35IU (711.23%), Vitamin C: 115.73mg (140.28%), Manganese: 1.51mg (75.73%), Vitamin B6: 1.44mg (72.15%), Vitamin B3: 14.01mg (70.03%), Selenium: 42.77µg (61.1%), Phosphorus: 519.55mg (51.96%), Folate: 195.09µg (48.77%), Potassium: 1475.21mg (42.15%), Vitamin K: 43.92µg (41.83%), Vitamin B2: 0.69mg (40.83%), Vitamin B1: 0.58mg (38.65%),

Calcium: 307.06mg (30.71%), Iron: 5.15mg (28.59%), Magnesium: 102.98mg (25.74%), Fiber: 5.7g (22.81%), Vitamin B5: 1.96mg (19.56%), Vitamin E: 2.75mg (18.33%), Zinc: 2.26mg (15.06%), Vitamin B12: 0.41µg (6.91%), Copper: 0.08mg (3.88%), Vitamin D: 0.24µg (1.62%)