



Chicken Fajita Salad

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



222 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound chicken breast tenders
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons green onions sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime
- ☐ 1 ounce monterrey jack cheese shredded reduced-fat
- ☐ 2 tablespoons nonfat cream alternative sour
- ☐ 0.1 teaspoon pepper

- ☐ 2 cups romaine lettuce shredded
- ☐ 0.3 cup chunky salsa
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup tomatoes seeded chopped

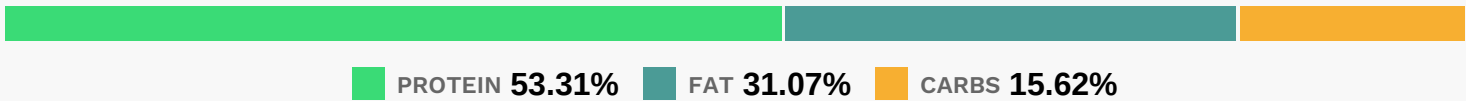
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place chicken in a shallow dish.
- ☐ Combine lime juice and next 4 ingredients; pour over chicken, turning to coat. Cover and marinate in refrigerator 45 minutes.
- ☐ Place chicken on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 7 to 8 minutes or until done, turning after 4 minutes.
- ☐ Remove from oven; slice chicken into 1/2-inch strips, and set aside.
- ☐ Place 1 cup lettuce on each of 2 salad plates, and top evenly with chicken, tomato, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:24.281304146933%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 221.6kcal (11.08%), Fat: 7.66g (11.78%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.23g (2.26%), Sugar: 3.2g (3.56%), Cholesterol: 86.27mg (28.76%), Sodium: 607.43mg (26.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin A: 4949.29IU (98.99%), Vitamin B3: 12.69mg (63.47%), Vitamin K: 66.28µg (63.12%), Selenium: 39.62µg (56.61%), Vitamin B6: 1mg (50.16%), Phosphorus: 352.13mg (35.21%), Potassium: 776mg (22.17%), Folate: 83.99µg (21%), Vitamin B5: 1.83mg (18.31%), Calcium: 164.74mg (16.47%), Vitamin C: 12.36mg (14.98%), Vitamin B2: 0.25mg (14.55%), Magnesium: 53.74mg (13.44%), Manganese: 0.21mg (10.74%), Vitamin B1: 0.15mg (9.78%), Fiber: 2.44g (9.75%), Zinc: 1.44mg (9.63%), Iron: 1.58mg (8.76%), Vitamin E: 1.16mg (7.74%), Vitamin B12: 0.38µg (6.34%), Copper: 0.12mg (5.93%), Vitamin D: 0.2µg (1.32%)