



Chicken Nugget Taco Salads

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz potato nuggets frozen
- ☐ 10 oz enchilada sauce red canned
- ☐ 0.5 cup cream sour
- ☐ 9 oz the of 1 cos lettuce with carrots
- ☐ 5 oz cheddar cheese shredded
- ☐ 11 oz corn whole with onions, black beans and red bell peppers southwestern style canned
- ☐ 1.3 cups plum tomatoes coarsely chopped (Roma)

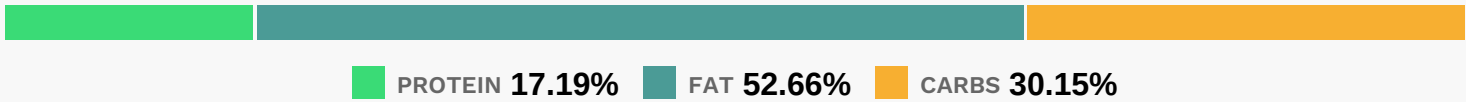
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bake chicken nuggets as directed on package.
- ☐ Pour 1/2 cup of the enchilada sauce into large custard cup. Dip nuggets, one at a time, into enchilada sauce; shake off excess.
- ☐ Place coated nuggets back on pan.
- ☐ Bake 2 to 3 minutes longer or until hot.
- ☐ Meanwhile, in small bowl, mix remaining enchilada sauce and sour cream with whisk; set aside.
- ☐ Divide lettuce among 5 dinner plates. Top with cheese, corn and tomatoes. Top with chicken nuggets.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:18.700000094331%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 386.15kcal (19.31%), Fat: 23.78g (36.58%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 22.74g (8.27%), Sugar: 9.48g (10.53%), Cholesterol: 41.92mg (13.97%), Sodium: 793.01mg (34.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Vitamin A: 5775.71IU (115.51%), Vitamin K: 58.31µg (55.54%), Iron: 8.01mg (44.49%), Fiber: 7.9g (31.58%), Folate: 104.28µg (26.07%), Calcium: 251.46mg (25.15%), Potassium: 755.7mg (21.59%), Phosphorus: 203.34mg (20.33%), Vitamin C: 13.09mg (15.86%),

Selenium: 9.08µg (12.97%), Vitamin B2: 0.22mg (12.89%), Zinc: 1.52mg (10.1%), Manganese: 0.19mg (9.57%),
Magnesium: 30.9mg (7.72%), Vitamin B6: 0.12mg (5.86%), Vitamin B12: 0.35µg (5.81%), Vitamin B1: 0.08mg (5.48%),
Vitamin B3: 1.06mg (5.29%), Copper: 0.09mg (4.73%), Vitamin E: 0.71mg (4.71%), Vitamin B5: 0.32mg (3.23%),
Vitamin D: 0.17µg (1.13%)