



Chicken Ranch Tacos



Gluten Free



Popular

READY IN



25 min.

SERVINGS



5

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.7 oz taco shells (10 Count)
- ☐ 3 cups rotisserie chicken cut (from)
- ☐ 1 oz taco seasoning
- ☐ 0.5 cup ranch dressing
- ☐ 1.5 cups lettuce shredded
- ☐ 0.8 cup tomatoes chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup spring onion sliced (4 medium)

- ☐ 1 serving salsa thick
- ☐ 1 serving ranch dressing

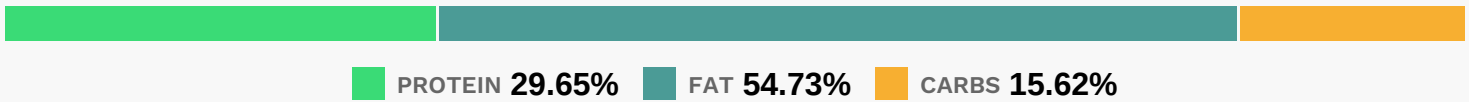
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 325°F.
- ☐ Heat taco shells in oven as directed on box.
- ☐ Meanwhile, in medium microwavable bowl, place chicken.
- ☐ Sprinkle with taco seasoning mix; toss gently to coat. Microwave uncovered on High 2 to 3 minutes or until hot. Stir in 1/2 cup dressing.
- ☐ Spoon warm chicken mixture into heated taco shells. Top with lettuce, tomato, cheese and onions.
- ☐ Drizzle with salsa and additional dressing.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:10.87, Inflammation Score:-7, Nutrition Score:11.329565354016%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 630.74kcal (31.54%), Fat: 38.56g (59.33%), Saturated Fat: 11.43g (71.42%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 21.15g (7.69%), Sugar: 4.34g (4.83%), Cholesterol: 166.75mg (55.58%), Sodium: 1501.05mg (65.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47g (94%), Vitamin K: 60.63µg (57.74%), Phosphorus: 235.35mg (23.53%), Vitamin A: 1150.25IU (23.01%), Calcium: 206.91mg (20.69%), Fiber: 3.62g (14.5%), Selenium: 8.86µg (12.65%), Manganese: 0.23mg (11.72%), Vitamin B2: 0.16mg (9.6%), Zinc: 1.42mg (9.43%), Folate: 37.42µg (9.36%), Magnesium: 35.67mg (8.92%), Vitamin C: 7.28mg (8.82%), Vitamin E: 1.29mg (8.57%), Iron: 1.2mg (6.64%), Potassium: 211.96mg (6.06%), Vitamin B1: 0.09mg (6.05%), Vitamin B6: 0.12mg (6%), Vitamin B12: 0.29µg (4.86%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.51%), Vitamin D: 0.17µg (1.11%)