



Chicken Taco Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup black beans organic rinsed drained
- 1.5 cups chicken breast shredded boneless skinless
- 1.5 cups strips. boneless skinless chopped
- 0.7 cup corn kernels frozen thawed
- 6 6-inch corn tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup spring onion sliced
- 0.4 teaspoon chipotle chili powder

- 2 tablespoons juice of lime fresh divided
- 5 teaspoons olive oil extra virgin extra-virgin divided
- 3 radishes very thinly sliced
- 0.7 cup bell pepper red chopped
- 6 cups the of 1 cos lettuce chopped
- 1 cup salsa verde

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 45
- Cut tortillas into 1/4-inch-thick strips.
- Place tortillas on a jelly-roll pan. Lightly coat tortillas with cooking spray; sprinkle with chipotle pepper.
- Bake at 450 for 10 minutes, stirring after 5 minutes. Cool.
- Heat a medium skillet over medium heat.
- Add salsa and cheese to pan; cook 4 minutes or until cheese melts, stirring to combine. Stir in chicken; cook 1 minute. Stir in onions and 1 tablespoon lime juice.
- Remove chicken mixture from pan; keep warm. Rinse pan with water. Return pan to medium-high heat.
- Add 2 teaspoons oil to pan; swirl to coat.
- Add beans, corn, and red bell pepper to pan; saut 2 minutes. Stir in cilantro.
- Combine remaining 1 tablespoon lime juice and remaining 1 tablespoon oil in a large bowl; stir with a whisk.
- Add lettuce to bowl; toss to coat.

Place about 1 cup lettuce mixture on each of 6 plates; top each serving with about 3/4 cup chicken mixture and 1/3 cup corn mixture.

Sprinkle with tortilla strips and radishes.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:23.372173957203%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 330.6kcal (16.53%), Fat: 16.02g (24.64%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 19.64g (7.14%), Sugar: 4.98g (5.53%), Cholesterol: 81.96mg (27.32%), Sodium: 418.17mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin A: 5082.49IU (101.65%), Vitamin K: 71.81µg (68.4%), Vitamin B3: 7.71mg (38.57%), Selenium: 25.29µg (36.13%), Vitamin C: 28.79mg (34.89%), Vitamin B6: 0.66mg (32.78%), Phosphorus: 312.26mg (31.23%), Folate: 118.11µg (29.53%), Fiber: 5.33g (21.32%), Potassium: 667.2mg (19.06%), Magnesium: 66.65mg (16.66%), Manganese: 0.32mg (15.87%), Vitamin B5: 1.41mg (14.14%), Vitamin B1: 0.2mg (13.01%), Vitamin B2: 0.22mg (12.7%), Zinc: 1.77mg (11.8%), Iron: 2.02mg (11.22%), Copper: 0.16mg (8.18%), Vitamin E: 1.21mg (8.06%), Vitamin B12: 0.45µg (7.56%), Calcium: 58.13mg (5.81%)