



## Chicken Taco Salad

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 avocado diced whole
- 2 Tablespoons butter
- 8 servings chicken
- 3 Tablespoons cilantro leaves finely minced
- 0.5 cup cilantro leaves
- 2 ears corn
- 3 spring onion whole sliced
- 1 head curly leaf lettuce shredded green thin (1 Large Head Or Two Regular Heads)

- 0.5 cup pepper jack cheese grated
- 0.8 cups ranch dressing fine (bottled is )
- 3 roma tomatoes diced whole
- 0.3 cup salsa (as Spicy As You'd Like)
- 2 Tablespoons taco seasoning (taco Seasoning, Or Your Own Mix)
- 2 chicken breast whole boneless skinless
- 8 servings tortilla chips crushed flavored ( Or Not)
- 0.3 cup vegetable oil

## Equipment

- bowl
- frying pan
- knife
- grill
- grill pan

## Directions

- First, make the dressing by combining all the ingredients in a bowl and stirring together. Cover and refrigerate. Next, make the chicken: Generously season both sides of the breasts.
- Heat the oil and butter in a large skillet over medium-high heat. Cook the chicken on both sides until deep golden brown on the outside and done in the middle, about 4 minutes per side.
- Remove and set aside to cool for 10 minutes, then cut it into cubes.
- Place the ears of corn in the skillet you used to cook the chicken and roll it around so that the flavorful oil/butter mixture coats the corn. Grill it on a grill pan or cook it in a separate skillet until the corn is still crisp but has color on the outside. Slice off the kernels with a sharp knife and set aside. To assemble the salad, pile shredded lettuce, chicken, tomatoes, cheese, corn, avocado, green onion, cilantro, and crushed chips on a big platter.
- Drizzle the dressing all over the top, serving part on the side if you'd like.
- Serve it in individual bowls.

# Nutrition Facts

PROTEIN 17.99% FAT 64.39% CARBS 17.62%

## Properties

Glycemic Index:31.38, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:28.926521892133%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 721.93kcal (36.1%), Fat: 52.5g (80.77%), Saturated Fat: 12.54g (78.36%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 25.72g (9.35%), Sugar: 4.56g (5.06%), Cholesterol: 119.1mg (39.7%), Sodium: 593.78mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33g (66%), Vitamin K: 133.01µg (126.68%), Vitamin A: 4172.97IU (83.46%), Vitamin B3: 12.29mg (61.43%), Vitamin B6: 0.88mg (44.09%), Phosphorus: 425.44mg (42.54%), Selenium: 28.46µg (40.65%), Vitamin B5: 2.89mg (28.86%), Fiber: 6.61g (26.42%), Vitamin E: 3.96mg (26.38%), Potassium: 867.71mg (24.79%), Magnesium: 89.39mg (22.35%), Folate: 87.93µg (21.98%), Vitamin C: 17.55mg (21.27%), Vitamin B2: 0.35mg (20.74%), Zinc: 2.81mg (18.73%), Vitamin B1: 0.24mg (16.11%), Manganese: 0.3mg (15.17%), Iron: 2.63mg (14.63%), Calcium: 134.14mg (13.41%), Copper: 0.24mg (11.97%), Vitamin B12: 0.5µg (8.26%), Vitamin D: 0.31µg (2.07%)