



## Chicken Taco Salad

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



599 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 avocados diced
- 2 tablespoons butter
- 2 ears corn
- 3 tablespoons cilantro leaves fresh finely minced
- 0.5 cup cilantro leaves fresh
- 3 green onions sliced
- 1 large head regular heads leaf lettuce shredded green thin
- 0.5 cup pepper-jack cheese grated

- 0.8 cup ranch dressing fine (bottled is )
- 3 roma tomatoes diced
- 0.3 cup salsa (as spicy as you'd like)
- 2 chicken breasts boneless skinless
- 2 tablespoons taco seasoning store-bought ( or your own mix)
- 6 servings tortilla chips crushed for topping salad flavored ( or not)
- 0.3 cup vegetable oil

## Equipment

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

## Directions

- Watch how to make this recipe.
- For the chicken: Generously sprinkle both sides of the breasts with the taco seasoning.
- 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 (or to an internal temperature of 165 degrees F), about 4 minutes per side. Set aside to cool for 5 minutes.
- For the dressing: While the chicken is cooking, pour the ranch dressing into a bowl.
- Add the salsa and cilantro and stir to combine.
- For the salad: Next, place the ears of corn in the skillet you used to cook the chicken and roll them around so that the flavorful oil/butter mixture coats the corn. Grill on a grill pan or cook 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. Dice the chicken into cubes.
- On a platter, layer the shredded lettuce, diced chicken, tomatoes, cheese, corn, avocados, green onions, cilantro and crushed chips.
- Drizzle the dressing all over the top, saving some to serve on the side if you'd like.

Serve the salad in individual bowls.

## Nutrition Facts

**PROTEIN 10.1%** **FAT 67.23%** **CARBS 22.67%**

### Properties

Glycemic Index:41.83, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:20.711739252443%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

### Nutrients (% of daily need)

Calories: 598.57kcal (29.93%), Fat: 46.2g (71.08%), Saturated Fat: 10.21g (63.8%), Carbohydrates: 35.05g (11.68%), Net Carbohydrates: 27.53g (10.01%), Sugar: 5.53g (6.15%), Cholesterol: 50.32mg (16.77%), Sodium: 643.09mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Vitamin K: 97.63µg (92.98%), Phosphorus: 316.28mg (31.63%), Vitamin B3: 6.24mg (31.21%), Fiber: 7.53g (30.1%), Vitamin B6: 0.6mg (29.94%), Vitamin E: 4.38mg (29.21%), Vitamin B5: 2.34mg (23.41%), Selenium: 16.34µg (23.35%), Potassium: 750.52mg (21.44%), Folate: 84.71µg (21.18%), Vitamin C: 15.59mg (18.9%), Magnesium: 74.63mg (18.66%), Vitamin A: 930.53IU (18.61%), Vitamin B2: 0.24mg (14.24%), Calcium: 131.51mg (13.15%), Vitamin B1: 0.18mg (12.04%), Manganese: 0.23mg (11.38%), Copper: 0.22mg (11.17%), Zinc: 1.62mg (10.77%), Iron: 1.55mg (8.63%), Vitamin B12: 0.21µg (3.54%)