



Chicken Taco Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 32 baked tortilla chips low-fat
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 1 cup kidney beans canned rinsed drained
- ☐ 1 cup cherry tomatoes halved (12 tomatoes)
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 Dash ground pepper red

- ☐ 4 cups iceberg lettuce coarsely chopped
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup bottled salsa
- ☐ 0.5 pound skinned cut into 1-inch strips
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons citrus champagne vinegar

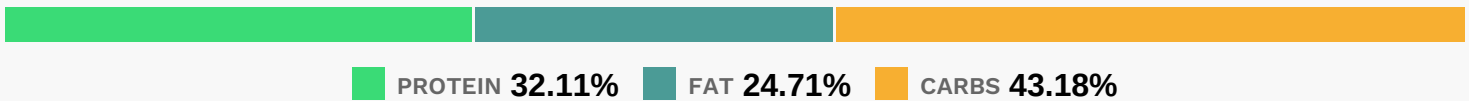
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine the first 7 ingredients in a bowl.
- ☐ Combine 1/2 cup of salsa mixture and chicken in a zip-top plastic bag; seal and marinate in refrigerator 30 minutes.
- ☐ Add the tomatoes, beans, cilantro, and oil to remaining salsa mixture; cover and marinate in refrigerator 30 minutes.
- ☐ Place a medium nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add chicken mixture; saute 5 minutes or until chicken is done.
- ☐ Place 1 cup lettuce on each of 4 plates; top each serving with 1/2 cup bean mixture and one-fourth of chicken mixture.
- ☐ Sprinkle each serving with 1/4 cup cheese.
- ☐ Serve each salad with 8 tortilla chips.

Nutrition Facts



Properties

Glycemic Index:63.27, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:18.125217450702%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 318.86kcal (15.94%), Fat: 8.79g (13.52%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 28.84g (10.49%), Sugar: 6.35g (7.05%), Cholesterol: 42.24mg (14.08%), Sodium: 786.16mg (34.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.39%), Phosphorus: 423.24mg (42.32%), Selenium: 27.28µg (38.98%), Vitamin B3: 7.11mg (35.55%), Vitamin B6: 0.67mg (33.45%), Vitamin K: 28.91µg (27.53%), Fiber: 5.71g (22.84%), Potassium: 733.72mg (20.96%), Calcium: 207.69mg (20.77%), Vitamin A: 961.71IU (19.23%), Magnesium: 73.42mg (18.35%), Manganese: 0.35mg (17.58%), Vitamin C: 13.01mg (15.77%), Vitamin B2: 0.26mg (15.38%), Vitamin B1: 0.2mg (13.51%), Iron: 2.36mg (13.1%), Folate: 49.26µg (12.31%), Vitamin E: 1.8mg (12.01%), Vitamin B5: 1.14mg (11.37%), Zinc: 1.68mg (11.21%), Copper: 0.2mg (9.88%), Vitamin B12: 0.25µg (4.21%)