



## Chicken Taco Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 cups iceberg lettuce shredded
- 0.3 cup classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into thin strips
- 0.5 cup taco cheese shredded mexican style kraft finely
- 1.5 cups coarsely tortilla chips crushed

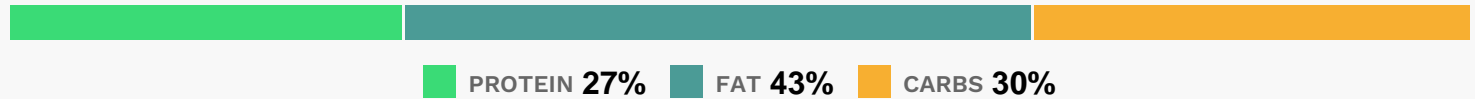
## Equipment

- frying pan

## Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium heat 4 min. or until done.
- Add dressing and salsa; stir until blended. Cook 1 to 2 min. or until heated through.
- Place 2 cups lettuce on each of 4 plates; sprinkle evenly with chips. Top with chicken mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:1.28, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:3.590869575091%

## Flavonoids

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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 75.57kcal (3.78%), Fat: 3.64g (5.6%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.02g (1.83%), Sugar: 0.75g (0.83%), Cholesterol: 14.36mg (4.79%), Sodium: 98.26mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin B3: 2.01mg (10.06%), Vitamin K: 10.41µg (9.92%), Selenium: 6.58µg (9.39%), Vitamin B6: 0.16mg (8.23%), Phosphorus: 73.34mg (7.33%), Vitamin B5: 0.39mg (3.91%), Potassium: 122.32mg (3.49%), Magnesium: 13.2mg (3.3%), Vitamin A: 149.46IU (2.99%), Calcium: 28.53mg (2.85%), Fiber: 0.7g (2.78%), Vitamin E: 0.41mg (2.73%), Vitamin B2: 0.04mg (2.28%), Folate: 8.73µg (2.18%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.31mg (2.08%), Manganese: 0.04mg (1.8%), Iron: 0.3mg (1.65%), Vitamin B12: 0.07µg (1.13%), Vitamin C: 0.91mg (1.11%)