



## Chicken Taco Salad Foldovers

READY IN



10 min.

SERVINGS



4

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

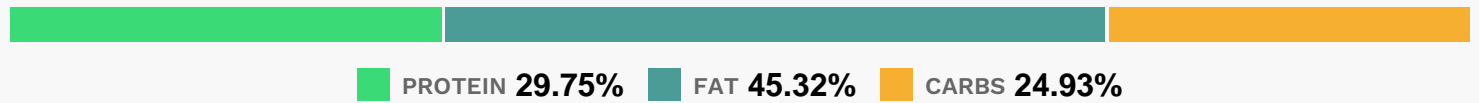
- 0.3 cup olives black sliced
- 0.5 cup regular corn canned drained
- 1 cup four cheese shredded mexican style kraft finely
- 0.5 cup knudsen cream sour
- 8 6-inch flour tortillas ()
- 4 cups romaine lettuce shredded
- 2 cups rotisserie chicken cut shredded
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup tomatoes chopped

# Equipment

## Directions

- Spread tortillas with sour cream.
- Top with all remaining ingredients except salsa; fold in half.
- Serve topped with salsa.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:20.931304159372%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 620.32kcal (31.02%), Fat: 31.44g (48.37%), Saturated Fat: 12.89g (80.56%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 34.73g (12.63%), Sugar: 5.65g (6.28%), Cholesterol: 158.77mg (52.92%), Sodium: 1425.83mg (61.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.44g (92.88%), Vitamin A: 4900.18IU (98%), Vitamin K: 56.56µg (53.87%), Calcium: 347.6mg (34.76%), Folate: 137.76µg (34.44%), Selenium: 22.99µg (32.85%), Phosphorus: 311.83mg (31.18%), Vitamin B1: 0.37mg (24.83%), Vitamin B2: 0.39mg (22.99%), Manganese: 0.44mg (22.18%), Vitamin B3: 3.48mg (17.41%), Fiber: 4.17g (16.7%), Iron: 2.97mg (16.49%), Potassium: 402.07mg (11.49%), Zinc: 1.71mg (11.4%), Magnesium: 40.2mg (10.05%), Vitamin B6: 0.18mg (8.81%), Vitamin E: 1.2mg (8.01%), Copper: 0.15mg (7.38%), Vitamin C: 5.63mg (6.82%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.17µg (1.13%)