



Chipotle Chicken Taco Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon chipotles in adobo canned minced
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon chili powder
- ☐ 8.8 ounce corn kernels rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin

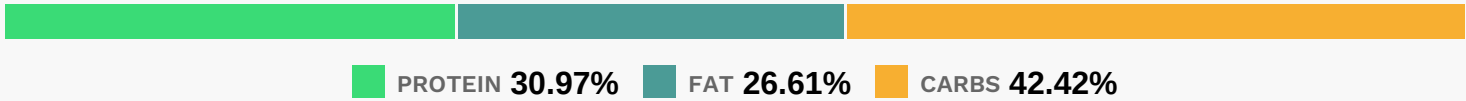
- ☐ 4 teaspoons juice of lime fresh
- ☐ 0.3 cup onion red vertically sliced
- ☐ 2 cups chicken breast boneless skinless chopped (2 breasts)
- ☐ 4 cups the of 1 cos lettuce shredded
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cream light sour

Equipment

Directions

- ☐ To prepare dressing, combine first 7 ingredients, stirring well.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:28.439130710519%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 333.3kcal (16.66%), Fat: 10.22g (15.72%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 24.68g (8.97%), Sugar: 5.41g (6.01%), Cholesterol: 61.42mg (20.47%), Sodium: 819.02mg (35.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.51%), Vitamin A: 4731.15IU (94.62%), Vitamin K: 58.27µg (55.49%), Vitamin B3: 9.92mg (49.59%), Fiber: 11.97g (47.86%), Folate: 183.01µg (45.75%), Vitamin B6: 0.8mg (39.79%), Selenium: 27.6µg (39.43%), Phosphorus: 371.54mg (37.15%), Potassium: 1107.28mg

(31.64%), Manganese: 0.52mg (25.88%), Vitamin C: 20.24mg (24.54%), Vitamin B2: 0.38mg (22.39%), Magnesium: 88.63mg (22.16%), Iron: 3.87mg (21.5%), Vitamin B1: 0.31mg (20.51%), Vitamin B5: 1.89mg (18.94%), Copper: 0.36mg (17.8%), Calcium: 129.78mg (12.98%), Zinc: 1.76mg (11.72%), Vitamin E: 1.23mg (8.17%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.15µg (1.01%)