



## Chipotle Chicken Taco Salads

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup ranch dressing
- 0.5 cup salsa thick
- 2 teaspoons chipotles in adobo finely chopped (from 7-oz can)
- 9 oz the of 1 cos lettuce green
- 2 cups rotisserie chicken cut shredded
- 1 cup cherry tomatoes
- 1 medium avocado ripe cut into 1-inch pieces
- 0.5 cup corn sweet whole canned drained

- 0.5 cup oz. bacon into pieces red thinly sliced
- 4.6 oz taco shells crushed (12 Count)

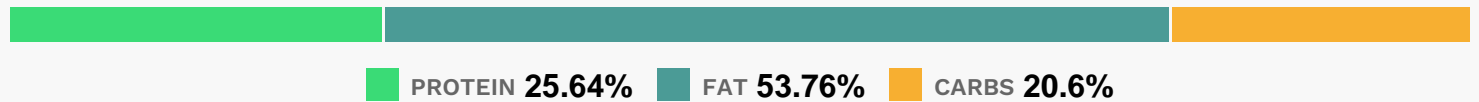
## Equipment

- bowl

## Directions

- Mix Dressing ingredients in small bowl; refrigerate while preparing salad.
- Divide lettuce among 6 dinner plates. Top each with chicken, tomatoes, avocado and corn.
- Drizzle with dressing; sprinkle with red onion.
- Serve with or sprinkle with broken or crushed taco shells.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:15.426956619905%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 450.13kcal (22.51%), Fat: 27.4g (42.15%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 18.29g (6.65%), Sugar: 3.56g (3.96%), Cholesterol: 94.36mg (31.45%), Sodium: 977.78mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.8%), Vitamin A: 3989.59IU (79.79%), Vitamin K: 80.9µg (77.04%), Folate: 108.48µg (27.12%), Fiber: 5.32g (21.3%), Manganese: 0.3mg (15.17%), Vitamin C: 11.34mg (13.74%), Phosphorus: 137.03mg (13.7%), Potassium: 455.05mg (13%), Vitamin E: 1.75mg (11.64%), Vitamin B6: 0.23mg (11.27%), Magnesium: 41.57mg (10.39%), Vitamin B1: 0.12mg (8.09%), Vitamin B3: 1.61mg (8.03%), Vitamin B5: 0.76mg (7.61%), Iron: 1.34mg (7.45%), Copper: 0.15mg (7.45%), Vitamin B2: 0.12mg (7.12%), Calcium: 54.44mg (5.44%), Zinc: 0.81mg (5.39%), Selenium: 2.37µg (3.38%)