



Chipotle Chicken Taco Salads



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 6 large taco shells crushed (from 4.6-oz box)
- ☐ 0.5 cup corn sweet whole canned drained

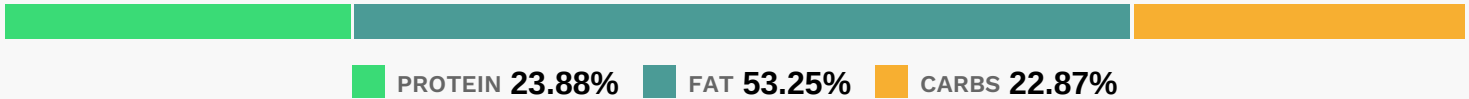
Equipment

- ☐ 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:22.5, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:15.689565220605%

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: 0.03mg, 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: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 418.34kcal (20.92%), Fat: 25.23g (38.82%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 18.89g (6.87%), Sugar: 4.11g (4.57%), Cholesterol: 80.91mg (26.97%), Sodium: 693.43mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.91%), Vitamin A: 3989.73IU (79.79%), Vitamin K: 80.89µg (77.04%), Folate: 110.51µg (27.63%), Fiber: 5.5g (22.01%), Manganese: 0.32mg (15.82%), Vitamin C: 12.32mg (14.94%), Phosphorus: 139.19mg (13.92%), Potassium: 472.82mg (13.51%), Vitamin B6: 0.24mg (12%), Vitamin E: 1.74mg (11.62%), Magnesium: 42.29mg (10.57%), Vitamin B1: 0.13mg (8.4%), Vitamin B3: 1.61mg (8.04%), Vitamin B5: 0.78mg (7.78%), Copper: 0.15mg (7.67%), Iron: 1.36mg (7.54%), Vitamin B2: 0.12mg (7.3%), Calcium:

56.77mg (5.68%), Zinc: 0.82mg (5.47%), Selenium: 2.4µg (3.43%)