



Chopped Chicken Taco Salad with Chipotle Dressing

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small avocado diced peeled
- ☐ 0.3 cup buttermilk
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 1 chipotles in adobo canned seeded
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 teaspoon cumin
- ☐ 2 ears corn fresh

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 0.8 cup mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 0.5 small onion red thinly sliced
- ☐ 8 cups the of 1 cos lettuce chopped
- ☐ 6 servings salt and pepper
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 15 large tortilla chips
- ☐ 1 tablespoon butter unsalted melted

Equipment

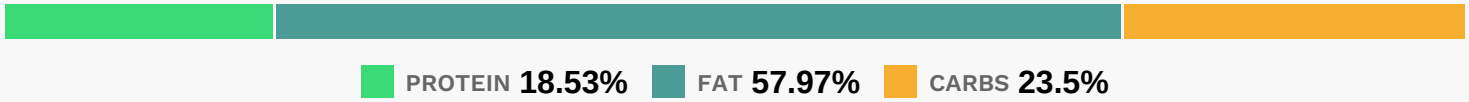
- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat grill to medium-high.
- ☐ Brush chicken all over with oil; season with salt and pepper. Oil grill. Grill chicken until cooked through, turning once, about 10 minutes total.
- ☐ Cut chicken into small cubes and refrigerate.
- ☐ Brush corn with butter. Oil grill. Grill corn, turning occasionally, until just tender and slightly charred on all sides, 8 to 10 minutes total.
- ☐ Transfer corn to a cutting board to cool. When corn is cool enough to handle, use a sharp knife to carefully slice kernels off cob. Discard cob.
- ☐ Place kernels in a large bowl and refrigerate.

- ☐
- Blend mayonnaise, buttermilk, chipotle, adobo, cumin, cilantro, lime juice and 1/4 tsp. salt in a blender or food processor until smooth.
- ☐
- Place lettuce, chicken, tomatoes, avocado, onion and black beans in bowl with corn.
- ☐
- Add dressing to taste and gently toss to coat. Season with salt and pepper. Top with chips and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:29.539130563321%

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 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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 515.15kcal (25.76%), Fat: 33.93g (52.19%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 20.86g (7.59%), Sugar: 4.98g (5.54%), Cholesterol: 66.63mg (22.21%), Sodium: 785.99mg (34.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.79%), Vitamin A: 5858.87IU (117.18%), Vitamin K: 122.56µg (116.72%), Vitamin B3: 9.88mg (49.38%), Folate: 180.16µg (45.04%), Vitamin B6: 0.82mg (41.02%), Fiber: 10.09g (40.37%), Selenium: 27.36µg (39.08%), Phosphorus: 344.33mg (34.43%), Potassium: 1013.95mg (28.97%), Vitamin C: 18.75mg (22.73%), Vitamin B5: 2.22mg (22.21%), Magnesium: 86.35mg (21.59%), Manganese: 0.42mg (21.02%), Vitamin B1: 0.3mg (19.82%), Vitamin B2: 0.31mg (18.08%), Iron: 3.14mg (17.42%), Vitamin E: 2.55mg (17.02%), Copper: 0.31mg (15.47%), Zinc: 1.58mg (10.55%), Calcium: 87.64mg (8.76%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.34µg (2.27%)