



## Confetti Salad with Crispy Tortilla Strips

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 medium apples cored chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 10-inch flour tortillas cut into thin strips ()
- 0.3 cup dressing italian divided kraft
- 1 medium bell pepper red cut into thin strips
- 10 oz salad greens

### Equipment

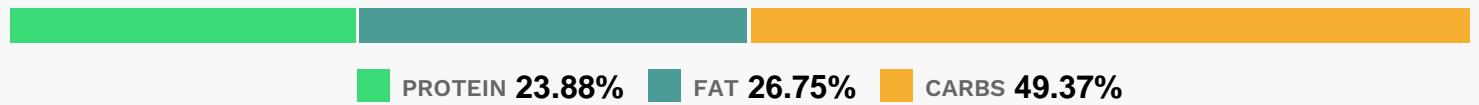
- baking sheet

oven

## Directions

- Preheat oven to 375F. Toss tortilla slices with 2 Tbsp. of the dressing; place in single layer on baking sheet.
- Bake 5 to 8 min. or until crisp and lightly browned; cool.
- Toss greens with tortilla strips, chicken, apples, red peppers and remaining 1/3 cup dressing.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.9, Glycemic Load:1.83, Inflammation Score:-4, Nutrition Score:3.4443478284647%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 58.13kcal (2.91%), Fat: 1.75g (2.69%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.45g (2.35%), Sugar: 2.83g (3.14%), Cholesterol: 7.23mg (2.41%), Sodium: 100.81mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 11.76mg (14.25%), Vitamin B3: 1.63mg (8.17%), Vitamin A: 360.34IU (7.21%), Selenium: 4.05µg (5.78%), Vitamin B6: 0.09mg (4.69%), Phosphorus: 43.48mg (4.35%), Folate: 15.45µg (3.86%), Manganese: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.41µg (3.25%), Fiber: 0.81g (3.23%), Vitamin B2: 0.05mg (2.72%), Iron: 0.49mg (2.72%), Potassium: 90.22mg (2.58%), Magnesium: 7.39mg (1.85%), Vitamin E: 0.24mg (1.57%), Calcium: 15.36mg (1.54%), Vitamin B5: 0.14mg (1.41%), Copper: 0.03mg (1.26%), Zinc: 0.18mg (1.18%)