



Crispy Chicken Mexicali Salad

READY IN



25 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup black beans canned rinsed
- 7 oz regular corn drained canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 4 dinner rolls whole wheat
- 0.5 cup lite ranch dressing kraft
- 10 oz torn salad greens mixed
- 1 lb chicken breasts boneless skinless
- 0.3 cup shake 'n bake chicken coating mix

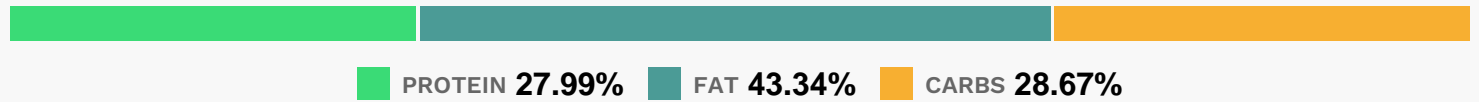
Equipment

- bowl
- oven

Directions

- Heat oven to 400F.
- Measure 1/3 cup coating mix; coat chicken with coating mix and bake as directed on package.
- Toss greens with corn and beans in large bowl.
- Top with chicken, cheese and dressing just before serving with rolls.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:26.885217443756%

Nutrients (% of daily need)

Calories: 530.19kcal (26.51%), Fat: 25.36g (39.02%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 33.16g (12.06%), Sugar: 2.15g (2.39%), Cholesterol: 97.89mg (32.63%), Sodium: 987.12mg (42.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.72%), Selenium: 57.02µg (81.45%), Vitamin B3: 14.95mg (74.76%), Phosphorus: 504.41mg (50.44%), Vitamin B6: 1mg (49.85%), Vitamin K: 41.99µg (39.99%), Manganese: 0.7mg (35.2%), Folate: 101.61µg (25.4%), Vitamin B2: 0.42mg (24.65%), Vitamin C: 19.88mg (24.1%), Vitamin B1: 0.36mg (23.93%), Potassium: 819.53mg (23.42%), Vitamin B5: 2.28mg (22.75%), Calcium: 215.37mg (21.54%), Vitamin A: 1000.13IU (20%), Magnesium: 79.48mg (19.87%), Iron: 3.47mg (19.29%), Fiber: 4.6g (18.4%), Zinc: 2.19mg (14.62%), Copper: 0.24mg (12.05%), Vitamin E: 1.16mg (7.71%), Vitamin B12: 0.44µg (7.36%), Vitamin D: 0.24µg (1.58%)