



Crunchy Chicken Taco Salad

READY IN



45 min.

SERVINGS



2

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound firm-ripe avocado pitted peeled thinly sliced
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 cup corn chips crushed finely
- ☐ 2 flour tortillas (10 in.)
- ☐ 2 cups iceberg lettuce shredded
- ☐ 3 tablespoons jalapeno jelly
- ☐ 2 servings cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup tomato salsa refrigerated
- ☐ 2 servings salt

- ☐ 10 oz boned

Equipment

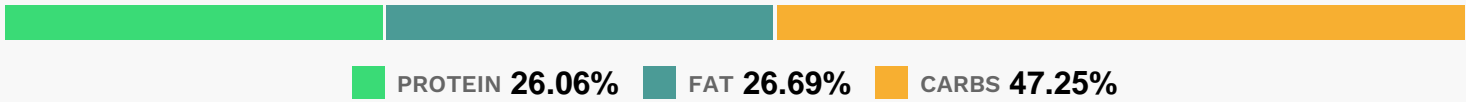
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Adjust a V-shaped roasting rack so each side is at a 45 angle to the base.
- ☐ Cut 2 sheets of foil, each 12 inches long. Fold each sheet lengthwise to make a strip that is about 3 inches wide. Drape 1 strip from center of the V over and down to the base of the rack. Fold foil at each end to secure to rack. Repeat to secure second piece of foil to other side of the rack. Drape each flour tortilla with its center over the highest point on one side of the rack (foil keeps tortilla from curling inward as it bakes).
- ☐ Bake tortillas in a 450 oven until lightly browned, about 5 minutes, then lift off racks and set aside (they continue to crisp as they cool). If making more than 1 hour or up to a day ahead, package airtight.
- ☐ As tortillas bake, rinse chicken and pat dry. Melt 1 tablespoon jelly (in a microwave oven or in a small pan over medium heat, stirring occasionally).
- ☐ Brush all the melted jelly onto the smooth sides of breast halves. Put corn chips on a small plate and press jelly-coated side of chicken into chips so they stick. Set breasts, chips up, in an 8- or 9-inch square pan. Pat any remaining chips onto chicken.
- ☐ Bake in a 450 oven until chicken is no longer pink in thickest part (cut to test), 15 to 20 minutes.
- ☐ Meanwhile, in a bowl, mix beans, salsa, and remaining jalapeo jelly.
- ☐ Lift breasts from pan with a wide spatula. If desired, cut each piece crosswise into 4 or 5 equal slices.
- ☐ Set each tortilla shell on a plate. Put half the lettuce into each shell. Top lettuce equally with the bean mixture. Use the spatula to transfer a breast onto beans in each tortilla shell.

Garnish with avocado and add sour cream and salt to taste.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:5.5, Inflammation Score:-9, Nutrition Score:41.392609067585%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 751.61kcal (37.58%), Fat: 22.69g (34.9%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 90.39g (30.13%), Net Carbohydrates: 68.25g (24.82%), Sugar: 22.27g (24.75%), Cholesterol: 99.12mg (33.04%), Sodium: 1938.75mg (84.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.84g (99.67%), Vitamin B3: 19.37mg (96.86%), Fiber: 22.14g (88.56%), Selenium: 57.56µg (82.22%), Vitamin B6: 1.52mg (75.8%), Phosphorus: 699.28mg (69.93%), Folate: 236.79µg (59.2%), Potassium: 1833.09mg (52.37%), Manganese: 0.97mg (48.65%), Vitamin B1: 0.65mg (43.07%), Magnesium: 162.07mg (40.52%), Iron: 6.73mg (37.38%), Vitamin B2: 0.63mg (37.31%), Vitamin B5: 3.53mg (35.27%), Vitamin K: 35.48µg (33.79%), Copper: 0.66mg (33.22%), Vitamin E: 3.5mg (23.32%), Vitamin C: 19.04mg (23.07%), Vitamin A: 1090.72IU (21.81%), Calcium: 217.47mg (21.75%), Zinc: 3.04mg (20.27%), Vitamin B12: 0.38µg (6.4%), Vitamin D: 0.19µg (1.26%)