



## Easy Ranch Taco Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 0.5 cup classic ranch dressing kraft
- 10 oz torn salad greens mixed
- 0.5 cup taco bell® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 1 cup coarsely broken tortilla chips

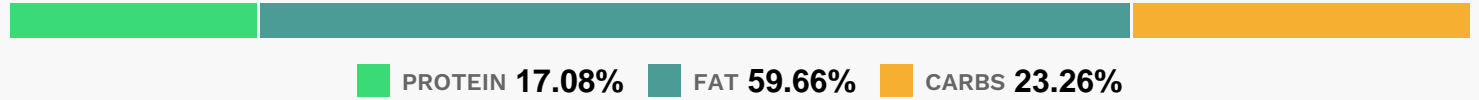
### Equipment

- bowl

## Directions

- Toss greens, chicken and cheese in large bowl.
- Add remaining ingredients; toss lightly.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:6.7126086846642%

## Nutrients (% of daily need)

Calories: 179.68kcal (8.98%), Fat: 12.05g (18.53%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 9.71g (3.53%), Sugar: 1.19g (1.32%), Cholesterol: 25.31mg (8.44%), Sodium: 332.12mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin K: 19.33µg (18.41%), Phosphorus: 150.89mg (15.09%), Selenium: 9.8µg (14%), Vitamin B3: 2.18mg (10.92%), Calcium: 103.62mg (10.36%), Vitamin B6: 0.2mg (10.25%), Vitamin A: 507.68IU (10.15%), Vitamin C: 7.03mg (8.52%), Vitamin E: 0.95mg (6.32%), Vitamin B2: 0.1mg (6.1%), Vitamin B5: 0.58mg (5.81%), Magnesium: 22.8mg (5.7%), Potassium: 182.55mg (5.22%), Zinc: 0.78mg (5.19%), Folate: 15.92µg (3.98%), Fiber: 0.86g (3.42%), Manganese: 0.07mg (3.25%), Vitamin B1: 0.05mg (3.01%), Iron: 0.52mg (2.92%), Vitamin B12: 0.17µg (2.9%), Copper: 0.04mg (2.22%)