



Favorite Ranch-Taco Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black pitted
- 0.5 cup knudsen cream sour
- 0.8 cup classic ranch dressing kraft
- 16 oz torn salad greens
- 1 cup taco bell® & chunky salsa thick divided
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 6 oz tortilla chips

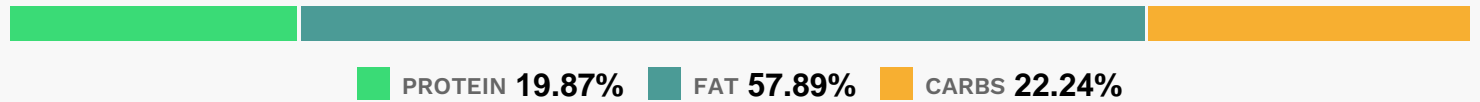
Equipment

- bowl
- frying pan

Directions

- Cook and stir chicken in 1/4 cup salsa in large nonstick skillet on medium-high heat 4 min. or until chicken is done.
- Toss chicken with salad greens and cheese in large bowl.
- Add remaining salsa and dressing; mix lightly. Spoon onto 6 salad plates; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:6.0199999990671%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 148.98kcal (7.45%), Fat: 9.69g (14.9%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.62g (2.77%), Sugar: 1.21g (1.34%), Cholesterol: 25.9mg (8.63%), Sodium: 291.53mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Selenium: 9.98µg (14.26%), Vitamin K: 14.67µg (13.98%), Vitamin B3: 2.72mg (13.62%), Phosphorus: 126.82mg (12.68%), Vitamin B6: 0.24mg (11.78%), Vitamin A: 429.59IU (8.59%), Vitamin C: 5.83mg (7.07%), Calcium: 65.89mg (6.59%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.83mg (5.53%), Potassium: 189.95mg (5.43%), Vitamin B2: 0.09mg (5.1%), Magnesium: 20.22mg (5.06%), Zinc: 0.56mg (3.77%), Folate: 12.78µg (3.2%), Fiber: 0.75g (3%), Manganese: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.82%), Iron: 0.46mg (2.55%), Vitamin B12: 0.13µg (2.21%), Copper: 0.04mg (2.04%)