



Fiesta Chicken Salad

 Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings toppings: cheddar cheese light shredded sour
- ☐ 1 garlic clove pressed
- ☐ 0.5 head iceberg lettuce shredded
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup salsa
- ☐ 1.1 ounce fajita seasoning
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces
- ☐ 4 servings tortilla chips crushed

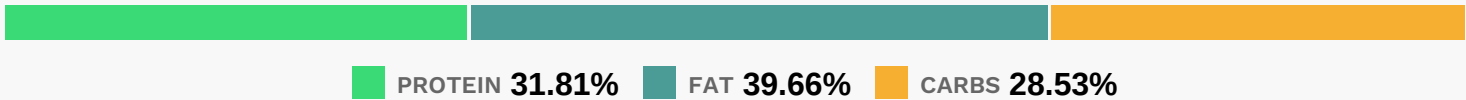
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together chicken and fajita seasoning in a large bowl until evenly coated.
- ☐ Saut onion in a nonstick skillet coated with cooking spray over medium heat 4 minutes.
- ☐ Add chicken mixture, and saut over medium-high heat 4 minutes or until done.
- ☐ Add garlic; saut 1 minute. Stir in 1/2 cup salsa. Cook over medium-high heat 2 minutes or until thoroughly heated.
- ☐ Serve chicken mixture over tortilla chips and lettuce.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:27.267826474231%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 432.84kcal (21.64%), Fat: 19.45g (29.93%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 24.86g (9.04%), Sugar: 4.06g (4.51%), Cholesterol: 102.57mg (34.19%), Sodium: 642.43mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.11g (70.22%), Vitamin K: 73.84µg (70.33%), Selenium: 46.93µg (67.05%), Vitamin B3: 12.92mg (64.61%), Vitamin B6: 1.12mg (56.09%), Phosphorus: 481.11mg (48.11%), Calcium: 401.4mg (40.14%), Manganese: 0.58mg (28.77%), Fiber: 6.63g (26.54%), Iron: 4.28mg (23.79%), Magnesium: 94.31mg (23.58%), Vitamin B5: 2.3mg (23.01%), Potassium: 804.71mg (22.99%), Vitamin E: 3.4mg

(22.67%), Vitamin B2: 0.34mg (20.04%), Vitamin A: 965.17IU (19.3%), Zinc: 2.57mg (17.12%), Folate: 57.67µg (14.42%),
Vitamin B1: 0.18mg (12.28%), Vitamin B12: 0.54µg (9.08%), Copper: 0.17mg (8.3%), Vitamin C: 5.76mg (6.98%),
Vitamin D: 0.29µg (1.96%)