



Fiesta Chicken Salad Taco

 **Gluten Free**

READY IN



5 min.

SERVINGS



5

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

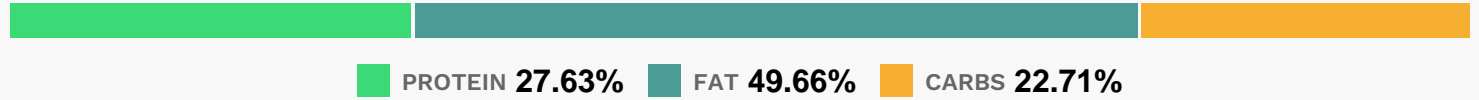
- 2 Tbsp milk cheddar cheese shredded 2% kraft
- 0.5 cup meat from a rotisserie chicken cooked chopped
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 2 Tbsp taco bellâ® & chunky salsa thick
- 2 taco bellâ® crunchy taco shells

Equipment

Directions

- Mix chicken, salsa, cheese and mayo.
- Break apart taco shells to scoop up salad. Or serve chicken mixture in taco shells.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:2.3095652201901%

Nutrients (% of daily need)

Calories: 68.85kcal (3.44%), Fat: 3.77g (5.79%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.46g (0.51%), Cholesterol: 14.35mg (4.78%), Sodium: 118.68mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Selenium: 4.77µg (6.82%), Vitamin B3: 1.28mg (6.38%), Phosphorus: 56.36mg (5.64%), Vitamin B6: 0.08mg (4.11%), Calcium: 32.7mg (3.27%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.04mg (2.45%), Magnesium: 8.98mg (2.24%), Vitamin K: 2.3µg (2.19%), Manganese: 0.04mg (1.92%), Potassium: 65.21mg (1.86%), Fiber: 0.45g (1.8%), Vitamin B5: 0.17mg (1.66%), Iron: 0.29mg (1.6%), Vitamin A: 77.14IU (1.54%), Vitamin B1: 0.02mg (1.52%), Vitamin E: 0.21mg (1.39%), Folate: 5.13µg (1.28%), Vitamin B12: 0.08µg (1.28%)