



Fiesta Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

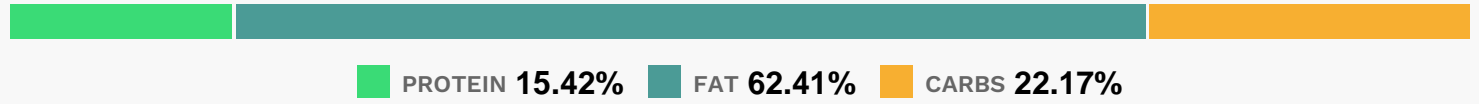
- 1 avocado chopped
- 1 cup natural three cheese crumbles kraft
- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips chopped
- 0.5 cup classic ranch dressing kraft
- 0.3 cup onions red chopped
- 12 oz salad greens
- 1 cup coarsely broken tortilla chips

Equipment

Directions

- Toss greens with all remaining ingredients except dressing.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:20.985217441683%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 530.32kcal (26.52%), Fat: 37.55g (57.76%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 24.92g (9.06%), Sugar: 2.56g (2.84%), Cholesterol: 60.33mg (20.11%), Sodium: 828.08mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.73%), Vitamin K: 57.7µg (54.95%), Phosphorus: 402.6mg (40.26%), Vitamin B6: 0.64mg (32.21%), Vitamin B3: 6.39mg (31.95%), Vitamin C: 26.01mg (31.52%), Selenium: 21.41µg (30.58%), Vitamin A: 1322.25IU (26.44%), Vitamin B5: 2.58mg (25.82%), Calcium: 238.59mg (23.86%), Folate: 92.57µg (23.14%), Potassium: 719.86mg (20.57%), Fiber: 5.09g (20.36%), Vitamin B2: 0.33mg (19.31%), Vitamin E: 2.89mg (19.25%), Magnesium: 69.4mg (17.35%), Zinc: 2.11mg (14.06%), Manganese: 0.23mg (11.56%), Copper: 0.2mg (10.02%), Vitamin B1: 0.15mg (9.7%), Vitamin B12: 0.55µg (9.13%), Iron: 1.62mg (9.01%), Vitamin D: 0.24µg (1.61%)