



Grill-and-Chill Taco Salad

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 no-oil baked tortilla chips
- 15 ounce black beans drained and rinsed canned
- 0.3 cup catalina salad dressing fat-free
- 1 teaspoon chili powder
- 0.3 teaspoon ground pepper black
- 4 cups iceberg lettuce shredded
- 2 ounces cheddar cheese shredded reduced-fat
- 0.3 cup chutney

- 0.3 cup onion finely chopped
- 1 large bell pepper sweet red
- 0.3 teaspoon salt
- 16 ounce skinned

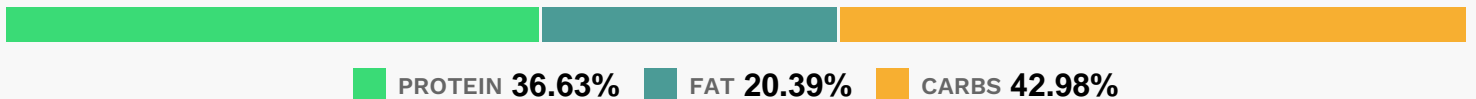
Equipment

- bowl
- grill

Directions

- Cut four sides lengthwise from red pepper, leaving stem ends and seeds intact. Discard stem and seeds.
- Combine chili powder, salt, and 1/4 teaspoon black pepper; sprinkle evenly over chicken and pepper quarters.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chicken and pepper quarters on rack; grill, covered, 4 to 5 minutes on each side or until chicken is done and pepper is tender. Cool slightly; slice chicken and pepper quarters into strips.
- Combine chicken and pepper strips, beans, and next 3 ingredients in a large bowl; toss well. Cover and chill 10 minutes or until ready to serve. To serve, place 1 cup lettuce on each of 4 individual serving plates. Arrange chicken mixture evenly over lettuce, and sprinkle each serving with 2 tablespoons cheese. Arrange 6 tortilla chips on each salad plate.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:28.657391346019%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 410.69kcal (20.53%), Fat: 9.19g (14.14%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 33.22g (12.08%), Sugar: 7.94g (8.82%), Cholesterol: 75.55mg (25.18%), Sodium: 1283.87mg (55.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.32%), Vitamin C: 61.64mg (74.71%), Vitamin B3: 13.13mg (65.65%), Selenium: 42.82µg (61.17%), Vitamin B6: 1.12mg (55.95%), Phosphorus: 508.45mg (50.85%), Vitamin A: 2228.11IU (44.56%), Fiber: 10.39g (41.56%), Potassium: 1019.4mg (29.13%), Folate: 115.63µg (28.91%), Magnesium: 98.34mg (24.59%), Vitamin B2: 0.38mg (22.54%), Manganese: 0.44mg (21.96%), Vitamin B1: 0.32mg (21.36%), Vitamin B5: 2.05mg (20.51%), Vitamin K: 20.48µg (19.51%), Iron: 3.38mg (18.77%), Calcium: 150.75mg (15.07%), Copper: 0.29mg (14.66%), Zinc: 1.95mg (12.98%), Vitamin E: 1.33mg (8.89%), Vitamin B12: 0.3µg (4.94%)