



## Grilled Chicken Salad on Crispy Tortillas

 Dairy Free

READY IN



34 min.

SERVINGS



34

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 10-inch flour tortillas ()
- 0.5 cup dressing italian divided kraft
- 10 oz salad greens mixed
- 1 cup pineapple fresh chopped
- 1 medium bell pepper red cut into thin strips
- 2 medium tomatoes chopped

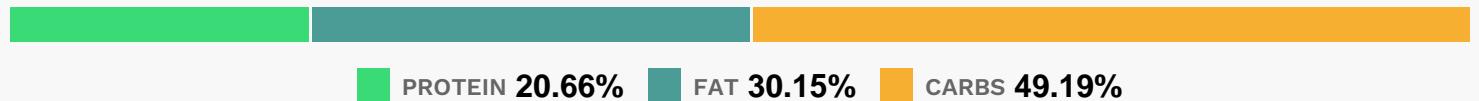
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 375F.
- Place tortillas in single layer on baking sheets; brush evenly with 1 Tbsp. of the dressing.
- Bake 6 to 8 min. or until tortillas are crisp and lightly browned.
- Heat 3 Tbsp. of the remaining dressing in large skillet on medium-high heat.
- Add peppers; cook and stir 3 min. or until crisp-tender.
- Add tomatoes, pineapple and chicken; cook and stir 3 min. or until heated through.
- Toss greens with remaining 1/4 cup dressing in large bowl.
- Place tortillas on salad plates. Spoon greens mixture evenly onto tortillas; top with the chicken mixture.

## Nutrition Facts



## Properties

Glycemic Index:4.78, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:2.9456521893811%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 47.72kcal (2.39%), Fat: 1.6g (2.47%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.49g (1.66%), Cholesterol: 4.25mg (1.42%), Sodium: 101.35mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 9.74mg (11.81%), Vitamin B3: 1.2mg (6.01%), Manganese: 0.11mg (5.6%), Vitamin A: 269.69IU (5.39%), Selenium: 3.33µg (4.75%), Vitamin B1: 0.06mg (3.77%),

Folate: 14.6µg (3.65%), Phosphorus: 35.18mg (3.52%), Vitamin B6: 0.07mg (3.26%), Vitamin K: 3.32µg (3.16%), Iron: 0.46mg (2.56%), Vitamin B2: 0.04mg (2.29%), Fiber: 0.52g (2.07%), Potassium: 70.17mg (2%), Calcium: 15.91mg (1.59%), Magnesium: 6.15mg (1.54%), Copper: 0.03mg (1.3%), Vitamin E: 0.18mg (1.23%)