



## Grilled Chicken Taco Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

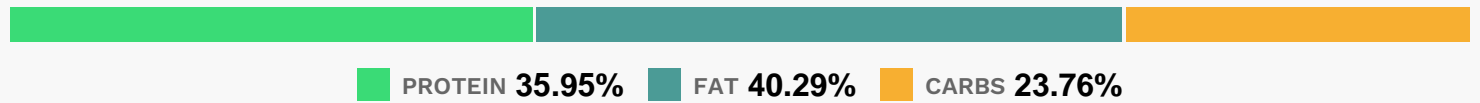
- 1 avocado sliced
- 2 Tbsp original barbecue sauce kraft
- 4 easy grilled bbq chicken breasts shredded cooked
- 1 cup regular corn frozen thawed drained
- 2 cups iceberg lettuce shredded
- 3 Tbsp classic ranch dressing kraft
- 0.5 cup taco cheese shredded mexican style kraft finely
- 8 tostada shells

# Equipment

## Directions

- Place lettuce on 4 plates; top with next 4 ingredients.
- Mix dressing and barbecue sauce; drizzle over salads.
- Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:28.085217372231%

## 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 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 679.2kcal (33.96%), Fat: 30.66g (47.18%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 33.74g (12.27%), Sugar: 4.56g (5.07%), Cholesterol: 162.43mg (54.14%), Sodium: 627.16mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.57g (123.15%), Vitamin B3: 25.78mg (128.91%), Selenium: 51.37µg (73.38%), Vitamin B6: 1.39mg (69.41%), Phosphorus: 612.31mg (61.23%), Vitamin K: 35.32µg (33.64%), Potassium: 973.1mg (27.8%), Fiber: 6.94g (27.78%), Magnesium: 110.42mg (27.6%), Vitamin B5: 2.71mg (27.13%), Vitamin B2: 0.4mg (23.34%), Vitamin B1: 0.33mg (22.31%), Zinc: 3.25mg (21.63%), Folate: 76.96µg (19.24%), Iron: 3.17mg (17.61%), Manganese: 0.35mg (17.45%), Calcium: 163.26mg (16.33%), Copper: 0.27mg (13.52%), Vitamin B12: 0.78µg (12.94%), Vitamin E: 1.92mg (12.81%), Vitamin C: 9.05mg (10.97%), Vitamin A: 407.43IU (8.15%), Vitamin D: 0.25µg (1.69%)