



Layered and Tossed Spicy Chicken Taco Salad

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounce olives black sliced canned
- 7.8 ounce tomato sauce hot mexican-style canned
- 1.5 cups rotisserie chicken meat diced
- 2 cloves garlic crushed to taste
- 0.3 cup salsa green
- 1 juice of lime juiced
- 10 ounce lettuce shredded chilled
- 0.5 cup mayonnaise

- 1 cup monterrey jack cheese shredded finely
- 1 tablespoon olive oil
- 0.5 cup onion diced
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup tortilla chips crushed

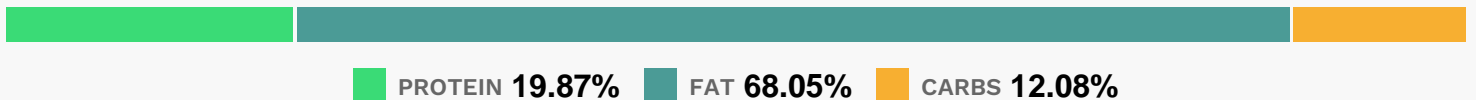
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk tomato sauce, sour cream, mayonnaise, green salsa, and lime juice together in a bowl until combined. Refrigerate the dressing while making salad.
- Heat olive oil in a skillet over medium heat and cook onion in hot oil until translucent, about 5 minutes; stir often.
- Mix garlic into onion and remove from heat; stir cooked chicken in skillet and allow chicken to warm.
- Transfer chicken mixture to a large salad bowl and sprinkle with Monterey jack cheese; cheese will warm and soften. Top chicken and cheese with cold lettuce and pour dressing over salad.
- Sprinkle in black olives. Toss salad thoroughly with dressing and sprinkle with crushed tortilla chips to serve.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:7.1665217254473%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 348.85kcal (17.44%), Fat: 26.83g (41.28%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 8.82g (3.21%), Sugar: 3.39g (3.77%), Cholesterol: 69.52mg (23.17%), Sodium: 761.88mg (33.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.25%), Vitamin K: 35.53µg (33.84%), Calcium: 150.42mg (15.04%), Vitamin E: 2.07mg (13.78%), Vitamin A: 606.29IU (12.13%), Phosphorus: 112.39mg (11.24%), Fiber: 1.89g (7.58%), Vitamin B2: 0.12mg (6.98%), Vitamin C: 5.41mg (6.56%), Potassium: 219.13mg (6.26%), Selenium: 3.71µg (5.29%), Magnesium: 21.08mg (5.27%), Manganese: 0.1mg (5.2%), Folate: 20.44µg (5.11%), Vitamin B6: 0.1mg (5%), Zinc: 0.74mg (4.93%), Iron: 0.78mg (4.31%), Copper: 0.08mg (4.07%), Vitamin B5: 0.33mg (3.29%), Vitamin B1: 0.05mg (3.17%), Vitamin B12: 0.16µg (2.74%), Vitamin B3: 0.46mg (2.29%)