



Layered Mexican Chicken Salad

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup ranch dressing
- 6.3 oz beef broth 25%
- 4 cups lettuce shredded
- 15 oz beans red rinsed drained canned
- 1.5 cups rotisserie chicken cut shredded skinless ()
- 1 cup tortilla chips white crushed (from)
- 4 oz cheddar cheese shredded mexican-style
- 0.5 cup cherry tomatoes halved

Equipment

bowl

Directions

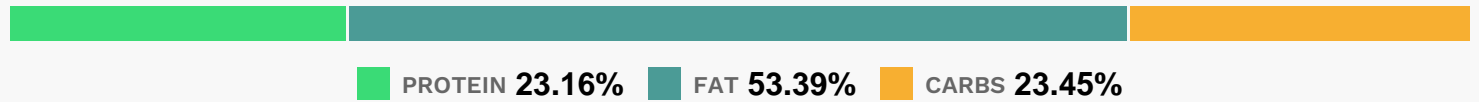
In small bowl, mix dressing and taco seasoning mix.

On large serving platter or individual serving plates, layer remaining ingredients except tomatoes.

Drizzle with dressing.

Sprinkle with tomatoes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:17.790869640267%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 696.25kcal (34.81%), Fat: 41.81g (64.32%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 33.13g (12.05%), Sugar: 6.55g (7.27%), Cholesterol: 123.8mg (41.27%), Sodium: 1342.3mg (58.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.81g (81.62%), Vitamin K: 89.25µg (85%), Phosphorus: 404.86mg (40.49%), Fiber: 8.18g (32.73%), Calcium: 275.74mg (27.57%), Manganese: 0.44mg (22.2%), Magnesium: 72.1mg (18.02%), Potassium: 612.34mg (17.5%), Vitamin E: 2.34mg (15.6%), Folate: 59.88µg (14.97%), Vitamin B2: 0.24mg (14.28%), Zinc: 2.12mg (14.13%), Iron: 2.49mg (13.83%), Vitamin B1: 0.2mg (13.5%), Vitamin A: 657.3IU (13.15%), Selenium: 8.43µg (12.04%), Copper: 0.23mg (11.59%), Vitamin B6: 0.21mg (10.61%), Vitamin B5: 1mg (9.98%), Vitamin C: 7.11mg (8.62%), Vitamin B12: 0.43µg (7.09%), Vitamin B3: 1.01mg (5.05%), Vitamin D: 0.19µg (1.24%)