



Layered Mexican Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz beans red rinsed drained canned
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 1 cup tortilla chips white crushed (from)
- ☐ 4 cups lettuce shredded
- ☐ 0.8 cup ranch dressing
- ☐ 1.5 cups rotisserie chicken cut shredded skinless ()
- ☐ 4 oz cheddar cheese shredded mexican-style
- ☐ 1 teaspoon taco seasoning 40%

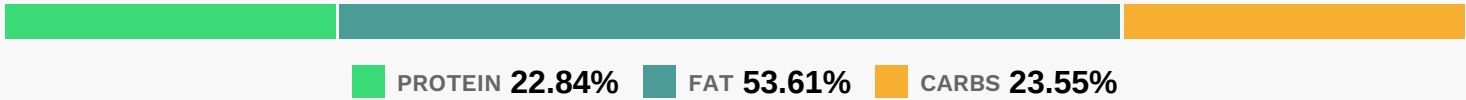
Equipment

☐ 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:17.683913241262%

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: 693.53kcal (34.68%), Fat: 41.81g (64.32%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 33.14g (12.05%), Sugar: 6.55g (7.28%), Cholesterol: 123.8mg (41.27%), Sodium: 1263.11mg (54.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.07g (80.14%), Vitamin K: 89.25µg (85%), Phosphorus: 404.86mg (40.49%), Fiber: 8.19g (32.74%), Calcium: 275.74mg (27.57%), Manganese: 0.44mg (22.2%), Magnesium: 72.1mg (18.02%), Vitamin E: 2.34mg (15.6%), Folate: 59.88µg (14.97%), Potassium: 523.75mg (14.96%), Vitamin B2: 0.24mg (14.28%), Zinc: 2.12mg (14.13%), Iron: 2.49mg (13.84%), Vitamin B1: 0.2mg (13.5%), Vitamin A: 659.65IU (13.19%), Selenium: 8.43µg (12.04%), Copper: 0.23mg (11.59%), Vitamin B6: 0.21mg (10.61%), Vitamin B5: 1mg (9.98%), Vitamin C: 7.12mg (8.64%), Vitamin B12: 0.43µg (7.09%), Vitamin B3: 1.01mg (5.05%), Vitamin D: 0.19µg (1.24%)