



Mexican Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 1 tsp chili powder
- 3 cups meat from a rotisserie chicken cooked chopped
- 1 clove garlic minced
- 0.5 cup mayo mayonnaise dressing fat free kraft
- 1 onion chopped
- 0.5 cup pepper strips green
- 0.3 cup taco bellâ® & chunky salsa thick

1 large tomatoes chopped

Equipment

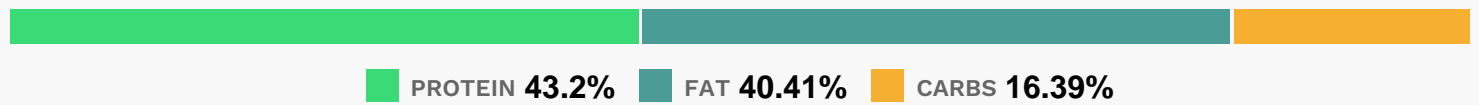
bowl

Directions

Mix mayo, salsa, garlic and chili powder in large bowl.

Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:10.211304358814%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 191.92kcal (9.6%), Fat: 8.55g (13.15%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.34g (4.82%), Cholesterol: 63.65mg (21.22%), Sodium: 346.93mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.13%), Vitamin B3: 5.96mg (29.8%), Selenium: 20.29µg (28.99%), Vitamin B6: 0.4mg (20.11%), Phosphorus: 199.15mg (19.92%), Vitamin C: 15.86mg (19.22%), Vitamin A: 607.51IU (12.15%), Zinc: 1.56mg (10.43%), Vitamin B2: 0.17mg (9.97%), Potassium: 336.1mg (9.6%), Calcium: 90.05mg (9%), Vitamin K: 9.31µg (8.87%), Vitamin B5: 0.81mg (8.1%), Magnesium: 26.46mg (6.61%), Iron: 1.18mg (6.55%), Fiber: 1.61g (6.46%), Manganese: 0.12mg (5.94%), Vitamin B1: 0.08mg (5.25%), Vitamin B12: 0.3µg (5.05%), Copper: 0.09mg (4.66%), Vitamin E: 0.6mg (3.97%), Folate: 15.33µg (3.83%)