



Neely's Chicken Taco Salad

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup hand-crushed baked tortilla chips
- 15 ounce kidney beans drained and rinsed canned
- 1 cup cherry tomatoes sliced in half
- 1 tablespoon chili powder
- 0.3 cup cilantro leaves
- 2 cloves garlic chopped
- 1 pound ground chicken
- 1 teaspoon ground cumin

- 0.5 jalapeño seeded finely chopped
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup yogurt plain low fat
- 1 cup monterey jack–cheddar cheese blend shredded
- 2 tablespoons olive oil
- 0.5 onion finely chopped
- 1 bell pepper red seeded finely chopped
- 1 heart of romaine lettuce chopped
- 0.5 cup chunky salsa

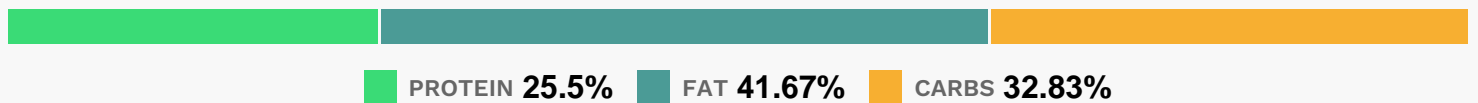
Equipment

- bowl
- frying pan
- wooden spoon

Directions

- Heat the olive oil in a large skillet.
- Add the onions, red bell peppers, garlic and jalapeno and saute until tender, 3 to 4 minutes.
- Add the chicken and saute until browned, breaking it up with the back of a wooden spoon as you cook. Stir in the chili powder and cumin and let toast for a few stirs.
- Add the beans and let cook until warmed through.
- Mix the yogurt and salsa together in a small bowl.
- Toss the chopped lettuce, cherry tomatoes, tortilla chips, cheese, cilantro, sauteed chicken and bean mixture all in a large bowl and dress with the yogurt and salsa.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:4.11, Inflammation Score:-9, Nutrition Score:20.60478268499%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 390.6kcal (19.53%), Fat: 18.43g (28.36%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 26.09g (9.49%), Sugar: 5.14g (5.71%), Cholesterol: 82.39mg (27.46%), Sodium: 596.7mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.77%), Vitamin C: 34.92mg (42.33%), Phosphorus: 400.04mg (40%), Vitamin A: 1880.8IU (37.62%), Vitamin B6: 0.68mg (33.8%), Vitamin B3: 5.47mg (27.34%), Fiber: 6.6g (26.41%), Potassium: 890.68mg (25.45%), Vitamin B2: 0.43mg (25.31%), Calcium: 238.97mg (23.9%), Selenium: 15.42µg (22.03%), Magnesium: 75.96mg (18.99%), Manganese: 0.38mg (18.99%), Zinc: 2.67mg (17.81%), Vitamin K: 18.14µg (17.27%), Vitamin B1: 0.25mg (16.68%), Iron: 2.89mg (16.03%), Vitamin E: 2.39mg (15.96%), Copper: 0.25mg (12.31%), Folate: 49.25µg (12.31%), Vitamin B5: 1.2mg (12.01%), Vitamin B12: 0.64µg (10.61%)