



Roasted Potato Chicken Salad with Salsa Verde

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19 oz burrito sized tortillas frozen with garlic & herb sauce
- 15 oz black beans rinsed drained canned
- 2 cups rotisserie chicken cut shredded
- 0.3 cup salsa verde
- 1 tablespoon juice of lime fresh
- 5 oz the salad mixed (4 cups)
- 0.3 cup pumpkin seeds toasted (pepitos)

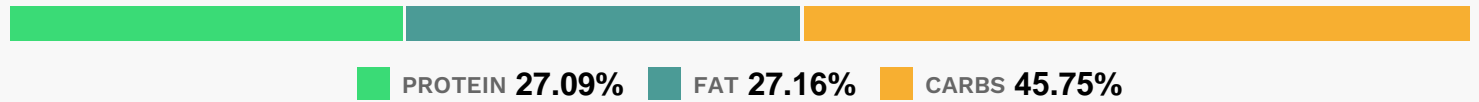
Equipment

bowl

Directions

- Cook frozen potatoes as directed on bag.
- Pour into large bowl; stir in beans, chicken, salsa verde and lime juice.
- Arrange salad greens on large platter.
- Spoon potato mixture over greens; sprinkle with pumpkin seeds.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:16.290434937114%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 509.52kcal (25.48%), Fat: 15.34g (23.61%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 49.94g (18.16%), Sugar: 4.21g (4.68%), Cholesterol: 75.71mg (25.24%), Sodium: 1303.2mg (56.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.43g (68.87%), Manganese: 0.76mg (38.25%), Vitamin B1: 0.57mg (37.72%), Folate: 138.16µg (34.54%), Fiber: 8.2g (32.81%), Selenium: 21.29µg (30.41%), Phosphorus: 303.92mg (30.39%), Iron: 4.99mg (27.73%), Vitamin B3: 4.67mg (23.37%), Vitamin B2: 0.35mg (20.85%), Calcium: 160.52mg (16.05%), Magnesium: 63.14mg (15.79%), Copper: 0.28mg (13.89%), Potassium: 421.13mg (12.03%), Vitamin C: 8.67mg (10.51%), Zinc: 1.12mg (7.46%), Vitamin A: 351.36IU (7.03%), Vitamin K: 6.67µg (6.36%), Vitamin B6: 0.12mg (5.78%), Vitamin B5: 0.33mg (3.29%)