



Salsa Chicken Salad

READY IN



190 min.

SERVINGS



10

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

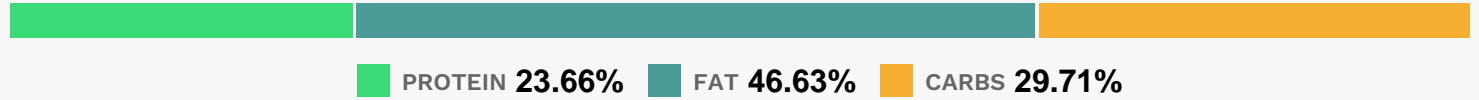
- 3 cups meat from a rotisserie chicken cooked chopped
- 12 6-inch flour tortillas ()
- 0.5 cup green onions chopped
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft finely

Equipment

Directions

- Mix all ingredients except tortillas. Cover. Refrigerate several hours or until chilled.
- Serve with warm tortillas.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:9.537391298491%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 258.24kcal (12.91%), Fat: 13.19g (20.3%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 17.37g (6.32%), Sugar: 1.84g (2.05%), Cholesterol: 40.29mg (13.43%), Sodium: 438.48mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Selenium: 20.24µg (28.91%), Vitamin B3: 5.03mg (25.14%), Vitamin K: 25.61µg (24.39%), Phosphorus: 186.87mg (18.69%), Vitamin B1: 0.22mg (14.35%), Vitamin B2: 0.2mg (11.55%), Iron: 1.95mg (10.83%), Vitamin B6: 0.22mg (10.81%), Calcium: 104.17mg (10.42%), Folate: 41.05µg (10.26%), Manganese: 0.2mg (10.19%), Zinc: 1.08mg (7.23%), Fiber: 1.55g (6.18%), Vitamin B5: 0.52mg (5.25%), Potassium: 183.18mg (5.23%), Magnesium: 20.64mg (5.16%), Copper: 0.07mg (3.72%), Vitamin A: 170.14IU (3.4%), Vitamin B12: 0.19µg (3.18%), Vitamin E: 0.42mg (2.8%), Vitamin C: 1.1mg (1.34%)