



Santa Fe Chicken Salad

READY IN



50 min.

SERVINGS



4

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cheddar and monterey cheese blend shredded
- 5 6-inch flour tortillas ()
- 2 bunches green onions chopped
- 1 head iceberg lettuce
- 0.5 cup mayonnaise
- 1 head romaine lettuce dried rinsed
- 0.5 cup salad dressing italian-style
- 0.5 cup salad dressing ranch-style
- 0.5 cup salsa

- 4 chicken breasts boneless skinless
- 1 large tomatoes chopped

Equipment

- baking sheet
- blender
- baking pan
- grill
- broiler
- ziploc bags

Directions

- In a gallon size plastic bag or 9x9 baking dish, mix together the mayonnaise and Italian dressing.
- Place chicken in mixture and marinate overnight in the refrigerator.
- Chop, wash, and dry the iceberg and romaine lettuce.
- Mix and divide among four dinner-size plates. Divide and place the tomato and green onions among the plates.
- Sprinkle the top of each salad with shredded cheese.
- Remove chicken from marinade and grill or broil until cooked. While chicken is cooking, cut tortillas into three thick strips and cut each strip into 'matchsticks'.
- Place on a cookie sheet and put under broiler until golden brown.
- Let cool.
- Cut the chicken into strips and divide among plates. Top with tortilla 'crispies'.
- To prepare the dressing, combine the salsa and ranch dressing in a blender and mix until smooth.
- Pour over each salad.

Nutrition Facts



■ PROTEIN 20.32% ■ FAT 59.78% ■ CARBS 19.9%

Properties

Glycemic Index:53.25, Glycemic Load:7.62, Inflammation Score:-10, Nutrition Score:41.538261050763%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 814.78kcal (40.74%), Fat: 54.5g (83.85%), Saturated Fat: 14.99g (93.68%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 33.16g (12.06%), Sugar: 15.27g (16.96%), Cholesterol: 126.46mg (42.15%), Sodium: 1688.79mg (73.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.67g (83.35%), Vitamin A: 15460.1IU (309.2%), Vitamin K: 305.17µg (290.64%), Selenium: 59.46µg (84.94%), Folate: 317.79µg (79.45%), Vitamin B3: 14.9mg (74.48%), Phosphorus: 622.98mg (62.3%), Vitamin B6: 1.21mg (60.54%), Calcium: 468.06mg (46.81%), Potassium: 1353.91mg (38.68%), Manganese: 0.75mg (37.27%), Vitamin B2: 0.58mg (34.01%), Vitamin B1: 0.49mg (32.7%), Fiber: 7.66g (30.64%), Vitamin E: 3.89mg (25.94%), Iron: 4.57mg (25.37%), Vitamin C: 20.73mg (25.13%), Magnesium: 95.91mg (23.98%), Vitamin B5: 2.35mg (23.55%), Zinc: 3.24mg (21.62%), Copper: 0.27mg (13.34%), Vitamin B12: 0.71µg (11.81%), Vitamin D: 0.42µg (2.82%)