



## Santa Fe Chicken Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup regular corn canned drained
- 0.3 cup oscar mayer carving board southwestern seasoned chicken breast strips
- 1 Tbsp lite ranch dressing kraft
- 2 cups torn salad greens loosely packed
- 1 Tbsp taco bellâ® & chunky salsa thick

### Equipment

## Directions

- Place greens on serving plate.
- Top with chicken and corn.
- Drizzle with salsa, then dressing.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0673913051901%

## Nutrients (% of daily need)

Calories: 16.73kcal (0.84%), Fat: 0.86g (1.32%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.14g (0.15%), Cholesterol: 3.59mg (1.2%), Sodium: 39.32mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin B3: 0.62mg (3.08%), Vitamin C: 2.01mg (2.44%), Selenium: 1.7µg (2.43%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 101.59IU (2.03%), Vitamin K: 2.1µg (2%), Phosphorus: 18.52mg (1.85%), Potassium: 42.21mg (1.21%), Folate: 4.38µg (1.09%)