



Southwestern Chicken Layered Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups the of 1 cos lettuce
- 2 cups rotisserie chicken cut shredded (from 2- to 2 1/2-lb chicken)
- 11 oz corn southwestern style drained canned
- 6.3 oz taco seasoning
- 2 oz cheddar cheese shredded
- 0.5 cup dressing french
- 1.5 oz corn chips
- 1 serving salsa

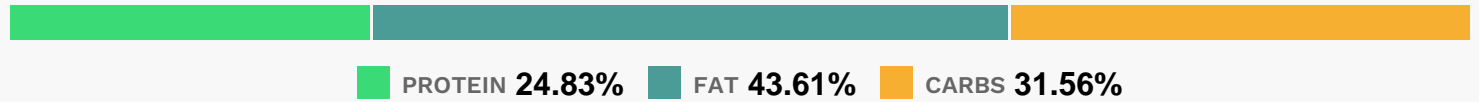
Equipment

- frying pan

Directions

- Arrange lettuce on large platter. In 10-inch nonstick skillet, place chicken and reserved liquid from corn.
- Sprinkle with taco seasoning mix. Cook over medium heat 2 to 3 minutes, stirring constantly, until blended and thoroughly heated.
- Arrange chicken mixture over lettuce.
- Sprinkle with cheese and corn.
- Drizzle with dressing; top with corn chips.
- Garnish with salsa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:19.510869574288%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 611.92kcal (30.6%), Fat: 30.82g (47.41%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 39.05g (14.2%), Sugar: 15.11g (16.79%), Cholesterol: 127.03mg (42.34%), Sodium: 4516.74mg (196.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.94%), Vitamin A: 10572.78IU (211.46%), Vitamin K: 111.44µg (106.13%), Fiber: 11.13g (44.51%), Folate: 121.5µg (30.38%), Vitamin C: 24.23mg (29.37%), Iron: 4.19mg (23.28%), Vitamin E: 2.56mg (17.04%), Phosphorus: 146.2mg (14.62%), Calcium: 143.58mg (14.36%), Manganese: 0.22mg (10.89%), Potassium: 346.32mg (9.89%), Magnesium: 33.03mg (8.26%), Vitamin B2: 0.13mg (7.91%), Zinc: 1mg (6.65%), Vitamin B1: 0.09mg (5.69%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.11mg (5.3%), Selenium: 3.29µg (4.7%), Copper: 0.08mg (4.19%), Vitamin B12: 0.22µg (3.63%), Vitamin B5: 0.21mg (2.12%)