



Southwestern Chicken Layered Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 11 oz corn green southwestern style drained giant® steamcrisp® canned
- ☐ 1.5 oz corn chips
- ☐ 0.5 cup dressing french
- ☐ 6 cups the of 1 cos lettuce
- ☐ 2 cups rotisserie chicken cut shredded (from 2- to 2 1/2-lb chicken)
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 tablespoons taco seasoning old el paso® (from 1-oz package)

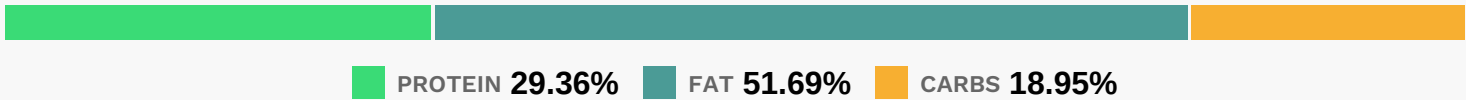
Equipment

☐ 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:16.136086929104%

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: 528.67kcal (26.43%), Fat: 30.8g (47.39%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.52g (8.19%), Sugar: 6.73g (7.48%), Cholesterol: 127.03mg (42.34%), Sodium: 991.29mg (43.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.36g (78.71%), Vitamin A: 6496.22IU (129.92%), Vitamin K: 111.1µg (105.81%), Folate: 121.18µg (30.3%), Vitamin E: 2.46mg (16.39%), Phosphorus: 143.64mg (14.36%), Calcium: 141.34mg (14.13%), Fiber: 2.89g (11.56%), Manganese: 0.21mg (10.44%), Potassium: 325.68mg (9.31%), Magnesium: 31.83mg (7.96%), Vitamin B2: 0.13mg (7.76%), Iron: 1.25mg (6.95%), Zinc: 0.98mg (6.54%), Vitamin C: 4.71mg (5.71%), Vitamin B1: 0.08mg (5.51%), Vitamin B3: 1.01mg (5.04%), Vitamin B6: 0.09mg (4.6%), Selenium: 3.22µg (4.59%), Copper: 0.08mg (3.93%), Vitamin B12: 0.22µg (3.63%), Vitamin B5: 0.2mg (1.95%)