



WHATSheATE



Southwestern Chicken Layered Salad



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 11 oz corn southwestern style drained 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)
- ☐ 4 servings salsa
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 tablespoons taco seasoning (from 1-oz package)

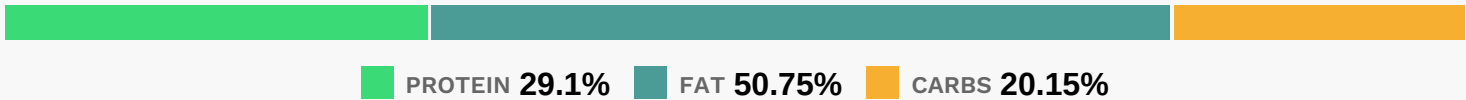
Equipment

☐ 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:17.114347819401%

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: 537.95kcal (26.9%), Fat: 30.86g (47.48%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 24.1g (8.76%), Sugar: 7.95g (8.84%), Cholesterol: 127.03mg (42.34%), Sodium: 1201.21mg (52.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.82g (79.63%), Vitamin A: 6649.82IU (133%), Vitamin K: 112.44µg (107.09%), Folate: 122.46µg (30.62%), Vitamin E: 2.85mg (18.99%), Phosphorus: 153.88mg (15.39%), Calcium: 150.3mg (15.03%), Fiber: 3.47g (13.87%), Manganese: 0.24mg (12.25%), Potassium: 408.24mg (11.66%), Magnesium: 36.63mg (9.16%), Vitamin B2: 0.14mg (8.37%), Iron: 1.39mg (7.7%), Vitamin B6: 0.15mg (7.42%), Zinc: 1.05mg (6.97%), Vitamin B3: 1.37mg (6.83%), Vitamin C: 5.32mg (6.44%), Vitamin B1: 0.09mg (6.25%), Selenium: 3.5µg (5.01%), Copper: 0.1mg (4.97%), Vitamin B12: 0.22µg (3.63%), Vitamin B5: 0.26mg (2.6%)