



Southwestern Chicken Salad

READY IN



20 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups grilled chicken chopped
- ☐ 2 teaspoons chili powder
- ☐ 6 servings taco-size flour tortillas warmed soft
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 servings toppings: mango diced shredded
- ☐ 0.8 cup mayonnaise

- ☐ 0.8 cup poblano pepper diced
- ☐ 6 servings salt to taste

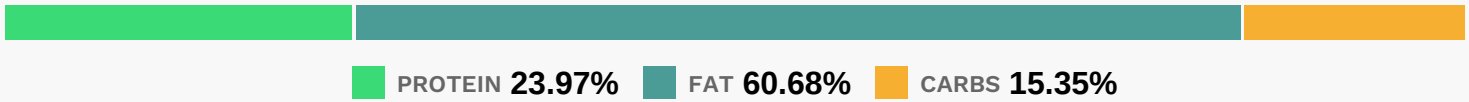
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a large bowl. Stir in chicken, poblano pepper, and salt.
- ☐ Serve in warm tortillas with desired toppings.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:4.87, Inflammation Score:-5, Nutrition Score:15.371739248867%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 450.8kcal (22.54%), Fat: 30.01g (46.16%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.4g (5.6%), Sugar: 1.91g (2.13%), Cholesterol: 82.65mg (27.55%), Sodium: 680.7mg (29.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.35%), Vitamin K: 52.04µg (49.56%), Vitamin B3: 8.88mg (44.39%), Selenium: 30.67µg (43.81%), Phosphorus: 260.01mg (26%), Vitamin B6: 0.47mg (23.49%), Vitamin C: 17.58mg (21.31%), Vitamin B1: 0.23mg (15.22%), Iron: 2.6mg (14.46%), Vitamin B2: 0.25mg (14.46%), Zinc: 1.73mg (11.51%), Manganese: 0.22mg (10.94%), Vitamin B5: 1.05mg (10.47%), Folate: 37.69µg (9.42%), Potassium: 320.51mg (9.16%), Vitamin E: 1.28mg (8.56%), Magnesium: 31.12mg (7.78%), Vitamin A: 381.63IU (7.63%), Calcium: 72.84mg (7.28%), Fiber: 1.68g (6.7%), Copper: 0.12mg (5.78%), Vitamin B12: 0.31µg (5.21%)