



## Southwestern Chicken Taco Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup salsa thick
- 0.5 cup cream sour
- 10 oz the of 1 cos lettuce
- 4 oz cheddar cheese shredded
- 9 oz chicken tenderloins frozen thawed cooked
- 2.3 oz olives ripe drained sliced canned
- 4 plum tomatoes cut into quarters (Roma)
- 1 cup corn chips crushed

6.3 oz taco seasoning

## Equipment

bowl

whisk

## Directions

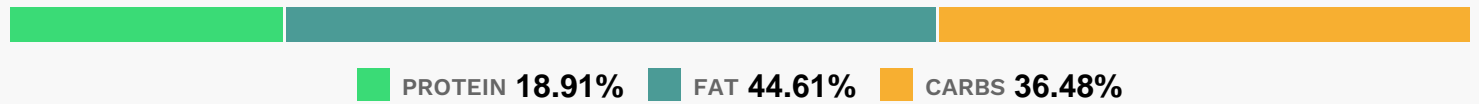
In small bowl, beat dressing ingredients with wire whisk until well blended.

In large bowl, mix salad ingredients except corn chips.

Add dressing; toss until coated.

Sprinkle with corn chips.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:28.454347657121%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

## Nutrients (% of daily need)

Calories: 488.75kcal (24.44%), Fat: 25.5g (39.22%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 34.36g (12.5%), Sugar: 13.5g (15%), Cholesterol: 84.72mg (28.24%), Sodium: 4412.62mg (191.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Vitamin A: 11448.73IU (228.97%), Vitamin K: 81.79µg (77.89%), Fiber: 12.55g (50.21%), Selenium: 28.12µg (40.17%), Vitamin C: 32.9mg (39.88%), Vitamin B3: 7.89mg (39.45%), Phosphorus: 369.83mg (36.98%), Vitamin B6: 0.71mg (35.39%), Calcium: 296.39mg (29.64%), Folate: 117.19µg (29.3%), Iron: 4.75mg (26.37%), Vitamin E: 3.32mg (22.15%), Potassium: 740.27mg (21.15%), Vitamin B2: 0.29mg (17.07%), Manganese: 0.33mg (16.59%), Magnesium: 65.76mg (16.44%), Vitamin B5: 1.43mg (14.25%), Zinc: 1.94mg (12.94%), Vitamin B1: 0.15mg (10.14%), Vitamin B12: 0.54µg (8.94%), Copper: 0.16mg (8.13%), Vitamin D: 0.21µg (1.37%)