



## Southwestern Chicken Taco Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

2 teaspoons taco seasoning (from 1-oz package)

## Equipment

bowl

whisk

## Directions

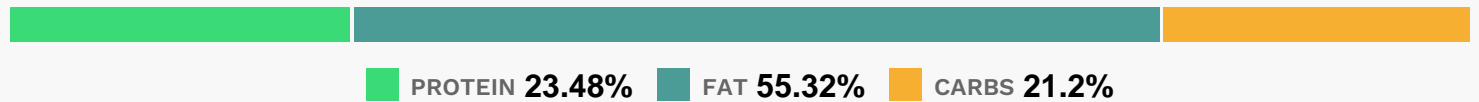
In small bowl, beat dressing ingredients with wire whisk until well blended.

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:22.114347856978%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 404.15kcal (20.21%), Fat: 25.28g (38.9%), Saturated Fat: 9.39g (58.66%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 18.35g (6.67%), Sugar: 5.06g (5.62%), Cholesterol: 84.72mg (28.24%), Sodium: 857.01mg (37.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin A: 6372.39IU (127.45%), Selenium: 28.26µg (40.37%), Vitamin B3: 7.95mg (39.75%), Phosphorus: 369.12mg (36.91%), Vitamin B6: 0.73mg (36.31%), Calcium: 298.52mg (29.85%), Vitamin C: 22.92mg (27.78%), Vitamin E: 3.44mg (22.96%), Manganese: 0.43mg (21.72%), Potassium: 702.71mg (20.08%), Vitamin B2: 0.31mg (18.45%), Magnesium: 65.05mg (16.26%), Fiber: 3.45g (13.81%), Vitamin B5: 1.32mg (13.25%), Zinc: 1.92mg (12.8%), Folate: 47.73µg (11.93%), Vitamin B1: 0.17mg (11.46%), Iron: 1.71mg (9.5%), Vitamin B12: 0.54µg (8.94%), Vitamin K: 9.14µg (8.7%), Copper: 0.13mg (6.43%), Vitamin D: 0.21µg (1.37%)