



Southwestern Grilled Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

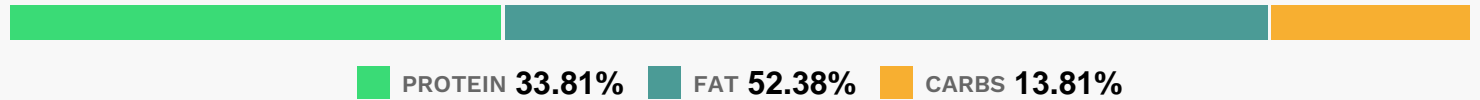
- 0.5 cup black beans canned rinsed drained
- 0.3 cup green onions sliced
- 0.5 cup lite ranch dressing kraft
- 8 cups torn salad greens mixed
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 1 large tomatoes cut into wedges

Equipment

Directions

- Cover large serving platter with salad greens. Top with chicken, tomato, beans and onions; sprinkle with cheese.
- Serve with dressing and salsa.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:4.7178260839504%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 73.58kcal (3.68%), Fat: 4.27g (6.58%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.81g (0.9%), Cholesterol: 18.9mg (6.3%), Sodium: 162.81mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin B3: 2.62mg (13.09%), Selenium: 8.45µg (12.08%), Vitamin K: 11.73µg (11.17%), Vitamin B6: 0.21mg (10.41%), Phosphorus: 87.34mg (8.73%), Vitamin C: 5.71mg (6.92%), Vitamin A: 338.79IU (6.78%), Potassium: 172.48mg (4.93%), Vitamin B5: 0.43mg (4.32%), Vitamin B2: 0.06mg (3.43%), Folate: 12.71µg (3.18%), Magnesium: 12.45mg (3.11%), Calcium: 30mg (3%), Manganese: 0.06mg (2.97%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.23%), Vitamin E: 0.33mg (2.22%), Fiber: 0.56g (2.22%), Iron: 0.36mg (2%), Copper: 0.04mg (1.75%), Vitamin B12: 0.09µg (1.43%)