



## Southwestern Ranch Chicken Salad

READY IN



15 min.

SERVINGS



15

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 1 dash ground cumin
- 0.3 cup lite ranch dressing kraft
- 10 oz salad greens
- 0.3 cup milk four cheese shredded 2% mexican style kraft finely
- 0.5 cup tomatoes chopped
- 1 6-inch tortillas whole wheat cut in half, then into 1/4-inch-wide strips ()

### Equipment

- bowl
- microwave

## Directions

- Place tortilla strips on microwaveable plate sprayed with cooking spray. Microwave on HIGH 1 min. Meanwhile, mix dressing and cumin.
- Toss greens with chicken, tomatoes, cheese and dressing mixture in large bowl; top with tortilla strips.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.8121739152981%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 45.93kcal (2.3%), Fat: 2.76g (4.25%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.4g (0.44%), Cholesterol: 10.52mg (3.51%), Sodium: 93.75mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin B3: 1.35mg (6.73%), Vitamin C: 5.21mg (6.31%), Selenium: 4.22µg (6.03%), Vitamin B6: 0.12mg (5.81%), Vitamin K: 5.82µg (5.55%), Vitamin A: 272.39IU (5.45%), Phosphorus: 48.57mg (4.86%), Vitamin B2: 0.05mg (2.74%), Potassium: 91.54mg (2.62%), Vitamin B5: 0.24mg (2.45%), Folate: 9.16µg (2.29%), Calcium: 20.67mg (2.07%), Manganese: 0.04mg (1.99%), Magnesium: 6.49mg (1.62%), Iron: 0.29mg (1.6%), Vitamin B1: 0.02mg (1.31%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.2%)