



## Southwestern Ranch Chicken Salad

READY IN



15 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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

**PROTEIN 28.37%** **FAT 54.12%** **CARBS 17.51%**

## Properties

Glycemic Index:17.5, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:10.540869614352%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 172.24kcal (8.61%), Fat: 10.37g (15.95%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.86g (2.49%), Sugar: 1.49g (1.65%), Cholesterol: 39.46mg (13.15%), Sodium: 351.56mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Vitamin B3: 5.05mg (25.24%), Vitamin C: 19.52mg (23.67%), Selenium: 15.84µg (22.62%), Vitamin B6: 0.44mg (21.77%), Vitamin K: 21.84µg (20.8%), Vitamin A: 1021.47IU (20.43%), Phosphorus: 182.15mg (18.22%), Vitamin B2: 0.17mg (10.26%), Potassium: 343.27mg (9.81%), Vitamin B5: 0.92mg (9.18%), Folate: 34.34µg (8.59%), Calcium: 77.5mg (7.75%), Manganese: 0.15mg (7.45%), Magnesium: 24.35mg (6.09%), Iron: 1.08mg (6.01%), Vitamin B1: 0.07mg (4.91%), Zinc: 0.73mg (4.9%), Vitamin B12: 0.27µg (4.48%), Vitamin E: 0.54mg (3.6%), Copper: 0.07mg (3.3%), Fiber: 0.68g (2.73%)