



Spicy Chicken-Chipotle Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup black beans canned rinsed
- 7 oz regular corn drained canned
- 0.5 tsp chipotle chile pepper powder
- 0.3 tsp garlic powder
- 0.3 cup slivered onions red
- 1 bell pepper red chopped
- 10 oz torn salad greens mixed
- 1 pkt. shake & bake seasoned panko seasoned coating mix

- 1 cup sharp cheddar cheese shredded kraft finely
- 1.5 lb chicken breasts boneless skinless
- 2 oz tortilla chips crushed
- 0.5 cup mango chipotle vinaigrette dressing kraft

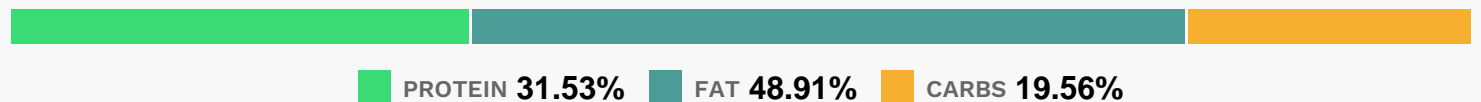
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F.
- Combine coating mix and seasonings in medium bowl; stir in cheese. Coat chicken with cheese mixture, pressing into chicken to secure.
- Place on baking sheet sprayed with cooking spray.
- Bake 28 to 30 min. or until chicken is done (165F).
- Toss salad greens with remaining ingredients in large bowl.
- Chop chicken; place over salad.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:5.2834782963214%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 98.88kcal (4.94%), Fat: 5.38g (8.27%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.47g (0.52%), Cholesterol: 21.94mg (7.31%), Sodium: 126.79mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin B3: 3.08mg (15.38%), Selenium: 10.32µg (14.75%), Vitamin B6: 0.24mg (12.01%), Vitamin C: 9.49mg (11.5%), Phosphorus: 99.89mg (9.99%), Vitamin A: 331.69IU (6.63%), Vitamin K: 5.82µg (5.54%), Potassium: 171.36mg (4.9%), Vitamin B5: 0.48mg (4.77%), Calcium: 40.5mg (4.05%), Vitamin B2: 0.07mg (4.02%), Folate: 15.51µg (3.88%), Magnesium: 15.49mg (3.87%), Vitamin E: 0.47mg (3.15%), Zinc: 0.45mg (3.03%), Fiber: 0.76g (3.02%), Vitamin B1: 0.04mg (2.64%), Manganese: 0.05mg (2.47%), Iron: 0.39mg (2.15%), Vitamin B12: 0.1µg (1.71%), Copper: 0.03mg (1.7%)