



Taco Salad with Ranch Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olives black chopped
- 1 pound rotisserie chicken breast meat boneless skinless
- 1 teaspoon chili powder
- 1 pound lettuce chopped
- 0.3 cup monterrey jack cheese shredded
- 8 ounce salad dressing ranch-style
- 8 ounce salsa
- 1 cup cheddar cheese shredded

1 cup tortilla chips crushed

Equipment

bowl

frying pan

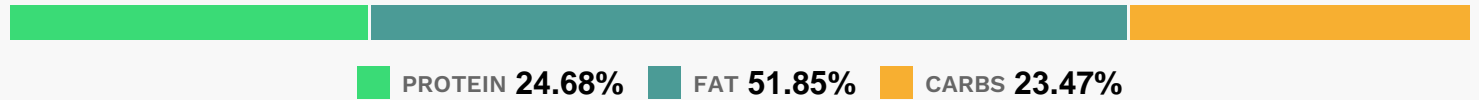
Directions

Cook the chicken breasts in a medium skillet over medium high heat for 12 to 16 minutes, or until chicken is cooked though and juices run clear.

Let cool slightly then slice into strips.

In a large bowl, toss together the chicken, chili powder, lettuce, salsa, dressing, Cheddar, Monterey Jack, olives and tortilla chips until evenly coated. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:17.3333912901256%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 392.41kcal (19.62%), Fat: 22.82g (35.1%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 20.31g (7.39%), Sugar: 7.3g (8.11%), Cholesterol: 71.41mg (23.8%), Sodium: 1026.07mg (44.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.87%), Selenium: 32.34µg (46.2%), Vitamin K: 46.13µg (43.94%), Vitamin B3: 8.68mg (43.39%), Vitamin B6: 0.75mg (37.42%), Phosphorus: 343.15mg (34.32%), Calcium: 225.5mg (22.55%), Vitamin A: 943.66IU (18.87%), Vitamin E: 2.74mg (18.27%), Potassium: 577.64mg (16.5%), Vitamin B5: 1.54mg (15.41%), Magnesium: 56.08mg (14.02%), Vitamin B2: 0.22mg (13.23%), Zinc: 1.77mg (11.78%), Fiber: 2.92g (11.7%), Vitamin B1: 0.14mg (9.01%), Folate: 33.82µg (8.46%), Manganese: 0.17mg (8.42%), Iron: 1.29mg (7.15%), Vitamin B12: 0.39µg (6.5%), Copper: 0.11mg (5.37%), Vitamin C: 3.9mg (4.72%), Vitamin D: 0.22µg (1.45%)