



Take & Shake Taco Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 10 oz salad greens mixed
- 0.5 cup classic ranch dressing kraft
- 0.5 cup taco bell® & chunky salsa thick divided
- 1 cup cheddar cheese shredded kraft
- 4 oz tortilla chips divided

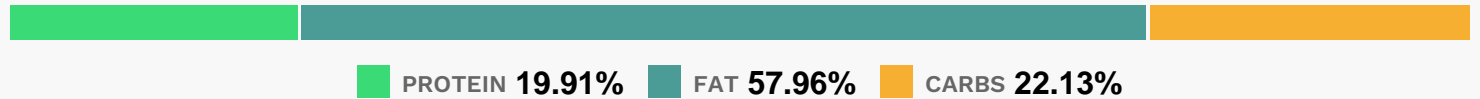
Equipment

- ziploc bags

Directions

- Place greens, chicken, cheese, dressing and 1/4 cup salsa in large resealable plastic bag.
- Refrigerate up to 3 hours or until ready to serve. Shake to mix ingredients lightly just before serving.
- Divide salad evenly onto 4 plates. Crumble half the tortilla chips over salad.
- Serve salads with remaining chips and salsa.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:16.906956667485%

Nutrients (% of daily need)

Calories: 469kcal (23.45%), Fat: 30.45g (46.85%), Saturated Fat: 8.75g (54.7%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 24.04g (8.74%), Sugar: 2.96g (3.29%), Cholesterol: 72.2mg (24.07%), Sodium: 811.14mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.07%), Vitamin K: 48.3µg (46%), Phosphorus: 383.97mg (38.4%), Vitamin B3: 6.85mg (34.27%), Selenium: 22.6µg (32.29%), Calcium: 262.87mg (26.29%), Vitamin A: 1265.37IU (25.31%), Vitamin B6: 0.45mg (22.41%), Vitamin C: 17.06mg (20.68%), Vitamin E: 2.39mg (15.93%), Vitamin B2: 0.26mg (15.58%), Magnesium: 57.94mg (14.49%), Zinc: 2.12mg (14.12%), Vitamin B5: 1.25mg (12.53%), Potassium: 407.16mg (11.63%), Folate: 39.76µg (9.94%), Iron: 1.59mg (8.84%), Fiber: 2.12g (8.46%), Vitamin B12: 0.5µg (8.25%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.11mg (7.65%), Copper: 0.12mg (6%), Vitamin D: 0.24µg (1.61%)