



## Warm Chicken Taco Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup olives black sliced
- 2 green onions sliced
- 4 cups lettuce shredded
- 0.3 cup miracle whip dressing divided
- 1 cup sharp cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1 oz taco bellâ® taco seasoning mix
- 1 cup tomatoes chopped

4 oz tortilla chips

## Equipment

frying pan

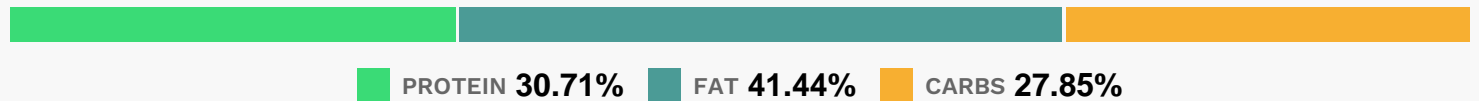
## Directions

Cook chicken in 2 Tbsp. dressing in large skillet on medium-high heat 5 min., stirring occasionally.

Stir in remaining dressing, seasoning mix and tomatoes; cook and stir on medium heat 5 min. or until chicken is done.

Place chips on large platter; top with layers of lettuce, chicken mixture, cheese, olives and onions.

## Nutrition Facts



## Properties

Glycemic Index:5.16, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:3.6256521655166%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 69.76kcal (3.49%), Fat: 3.25g (5%), Saturated Fat: 1.14g (7.16%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.13g (1.5%), Sugar: 0.94g (1.04%), Cholesterol: 16.36mg (5.45%), Sodium: 199.73mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Selenium: 7.31µg (10.45%), Vitamin B3: 1.99mg (9.95%), Vitamin B6: 0.16mg (7.89%), Phosphorus: 73.28mg (7.33%), Vitamin K: 6.35µg (6.04%), Vitamin A: 281.36IU (5.63%), Calcium: 41.89mg (4.19%), Vitamin B5: 0.35mg (3.48%), Potassium: 113.7mg (3.25%), Fiber: 0.79g (3.14%), Magnesium: 11.55mg (2.89%), Vitamin B2: 0.05mg (2.71%), Vitamin C: 2.05mg (2.48%), Zinc: 0.37mg (2.44%), Vitamin E: 0.34mg (2.25%), Vitamin B1: 0.03mg (1.8%), Folate: 7.11µg (1.78%), Iron: 0.31mg (1.71%), Vitamin B12: 0.08µg (1.4%), Manganese: 0.03mg (1.3%)