

# Mexican Chopped Salad with Creamy Chipotle Dressing

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chipotle-chicken-salad-recipe>

## Ingredients:

- 3 tablespoons fresh cilantro chopped
- 2/3 cup light sour cream
- 1 tablespoon chipotle in adobo chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 fresh lime juiced
- 1/2 teaspoon salt
- chopped romaine lettuce
- boneless skinless chicken breasts cooked and chopped
- diced tomatoes
- diced avocado
- diced red onion
- corn kernels

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1100 milligrams
9. Sugar: 2 grams

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