

Salpicon de Pollo- Mexican Chicken Salad

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 2 1/2 cups chicken breast shredded, previously cooked
- 1 cup red onion thin sliced
- 2 Roma tomatoes large, diced
- 1 cup nopalitos sliced or diced, optional
- 1 large carrot shredded
- 2 chipotles in adobo large, minced
- cilantro to taste
- 1/3 cup red wine vinegar
- 1/3 cup olive oil or grapeseed
- 2 limes
- salt
- fresh cracked pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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