

Crispy Chicken Salad with Creamy Honey-Lime Dressing

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/yummly-mexican-salad-with-honey-lime-dressing-recipe>

Ingredients:

- 1 whole egg beaten
- 1/4 cup lime juice
- 1 teaspoon lime zest
- 1/2 cup honey
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 cup sour cream
- 1 head ice burg lettuce, chopped
- tomato chopped
- corn
- black beans drained and rinsed
- shredded cheddar cheese
- chicken fried, cut into bite size pieces
- lime dressing Creamy Honey, recipe above

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 330 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 82 grams
7. SaturatedFat: 12 grams
8. Sodium: 580 milligrams
9. Sugar: 39 grams

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