



10-Minute Layered Southwest Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

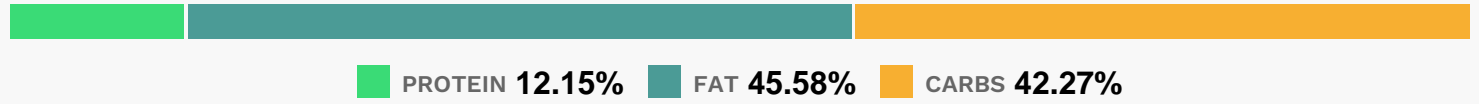
- 0.5 cup natural three cheese crumbles kraft
- 15 oz black beans rinsed canned
- 11 oz regular corn drained canned
- 0.5 cup classic ranch dressing kraft
- 6 cups torn romaine lettuce
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup broken tortilla chips

Equipment

Directions

- Cover platter with lettuce.
- Top with next 4 ingredients.
- Drizzle with dressing; top with chips.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.04, Inflammation Score:-9, Nutrition Score:10.788695742255%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 200.05kcal (10%), Fat: 10.34g (15.9%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 17.19g (6.25%), Sugar: 1.52g (1.69%), Cholesterol: 8.18mg (2.73%), Sodium: 525.12mg (22.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin A: 2576.73IU (51.53%), Vitamin K: 48.1µg (45.81%), Folate: 78.15µg (19.54%), Fiber: 4.38g (17.53%), Phosphorus: 145.65mg (14.56%), Potassium: 316.23mg (9.04%), Manganese: 0.18mg (9.03%), Magnesium: 36.02mg (9.01%), Iron: 1.44mg (7.98%), Calcium: 79.64mg (7.96%), Vitamin B1: 0.11mg (7.26%), Vitamin B2: 0.12mg (7.24%), Copper: 0.13mg (6.47%), Vitamin E: 0.88mg (5.9%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.77mg (5.11%), Vitamin B5: 0.49mg (4.93%), Vitamin B3: 0.91mg (4.56%), Selenium: 2.69µg (3.84%), Vitamin C: 3.05mg (3.7%), Vitamin B12: 0.1µg (1.71%)