



7-Layer Mexican Salad

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 Tbsp olives black sliced
- 0.5 cup kidney beans canned rinsed
- 2 green onions chopped
- 2 Tbsp lite ranch dressing kraft
- 3 Tbsp taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft
- 1.5 cups torn spinach fresh
- 1 small tomatoes seeded chopped

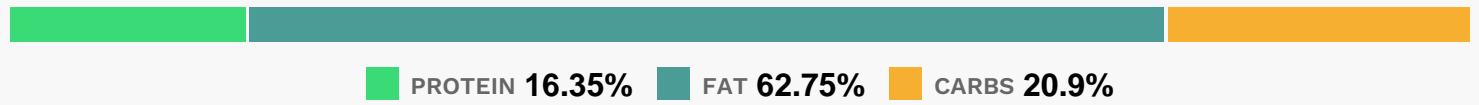
Equipment

bowl

Directions

- Layer first 6 ingredients in serving bowl.
- Drizzle with dressing and salsa.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.7569565423157%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 34.4kcal (1.72%), Fat: 2.47g (3.8%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.57g (0.63%), Cholesterol: 4.29mg (1.43%), Sodium: 109.26mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 21.47µg (20.44%), Vitamin A: 409.87IU (8.2%), Calcium: 35.47mg (3.55%), Phosphorus: 31.96mg (3.2%), Manganese: 0.06mg (2.94%), Folate: 10.35µg (2.59%), Vitamin C: 2.09mg (2.53%), Fiber: 0.61g (2.44%), Vitamin E: 0.28mg (1.87%), Vitamin B2: 0.03mg (1.86%), Potassium: 65.01mg (1.86%), Selenium: 1.29µg (1.84%), Magnesium: 6.96mg (1.74%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.32%), Iron: 0.23mg (1.28%), Copper: 0.02mg (1.17%)