



Black Bean-Taco Salad with Lime Vinaigrette



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces baked tortilla chips fat-free
- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 teaspoon chili powder
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 1 cup bell pepper green chopped

- ☐ 0.3 teaspoon ground cumin
- ☐ 8 cups lettuce thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion diced red finely
- ☐ 1.5 cups roasted chopped (2 breasts)
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 cup tomatoes seeded chopped
- ☐ 1 cup tomatoes chopped

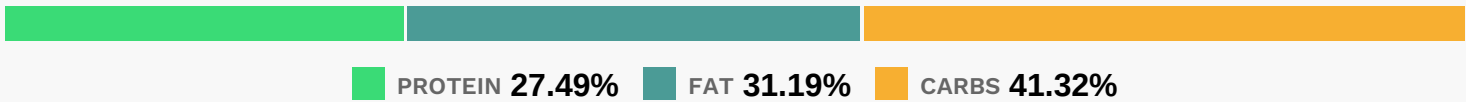
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.
- ☐ To prepare salad, combine lettuce and remaining ingredients except chips in a large bowl.
- ☐ Add vinaigrette; toss well to coat.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:30.891739378805%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 17.81g (27.39%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 40.47g (14.72%), Sugar: 7g (7.78%), Cholesterol: 70.07mg (23.36%), Sodium: 831.27mg (36.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.3g (70.61%), Vitamin C: 48.03mg (58.22%), Phosphorus: 532.27mg (53.23%), Vitamin B6: 1.03mg (51.71%), Fiber: 12.6g (50.4%), Selenium: 34.93µg (49.9%), Vitamin B1: 0.73mg (48.58%), Vitamin K: 49.39µg (47.04%), Potassium: 1206.54mg (34.47%), Folate: 133.56µg (33.39%), Vitamin B3: 6.61mg (33.03%), Manganese: 0.63mg (31.75%), Vitamin A: 1534.14IU (30.68%), Vitamin B2: 0.51mg (29.79%), Magnesium: 116.36mg (29.09%), Calcium: 235.71mg (23.57%), Zinc: 3.46mg (23.07%), Iron: 4.1mg (22.8%), Copper: 0.41mg (20.27%), Vitamin E: 2.19mg (14.62%), Vitamin B5: 1.19mg (11.92%), Vitamin B12: 0.6µg (10.05%), Vitamin D: 0.44µg (2.93%)