



Cactus Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups cactus strips cooked
- 0.3 cup cilantro leaves chopped
- 2 Tbsp juice of lime
- 0.3 cup olive oil
- 0.5 cup purple onion chopped
- 1 cup queso quesadilla shredded kraft
- 1 medium tomatoes chopped
- 2 Tbsp heinz red wine vinegar

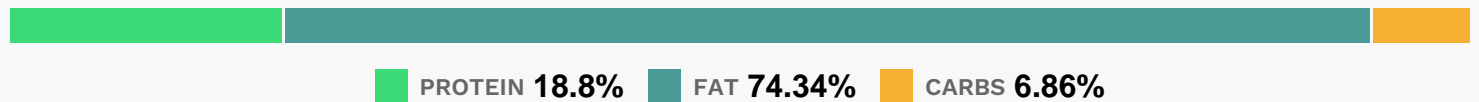
Equipment

- bowl
- whisk

Directions

- Toss cactus, onion, tomato, cilantro and lime juice in medium bowl. Season to taste.
- Add cheese; mix lightly.
- Add a pinch of salt to vinegar in small bowl; stir until salt is dissolved. Gradually add oil, stirring with wire whisk until well blended.
- Drizzle just enough dressing over the salad to moisten all ingredients; toss lightly,
- Serve any remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.1773913230585%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 89.75kcal (4.49%), Fat: 7.58g (11.67%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.68g (0.75%), Cholesterol: 16.88mg (5.63%), Sodium: 83.49mg (3.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Calcium: 143.53mg (14.35%), Manganese: 0.1mg (4.86%), Vitamin C: 3.8mg (4.61%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.57mg (3.83%), Vitamin A: 166.01IU (3.32%), Magnesium: 10.69mg (2.67%), Fiber: 0.58g (2.33%), Potassium: 75.96mg (2.17%), Vitamin B6: 0.03mg (1.31%)