

Cactus Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium cactus pads (nopales)
- ☐ 0.5 cup black beans canned rinsed drained
- ☐ 0.3 teaspoon chipotle chile powder
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 cups lettuce shredded

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 6 tablespoons queso fresco cheese crumbled
- ☐ 2.5 tablespoons cup heavy whipping cream fat-free sour
- ☐ 1 teaspoon sugar
- ☐ 2 medium tomatoes diced

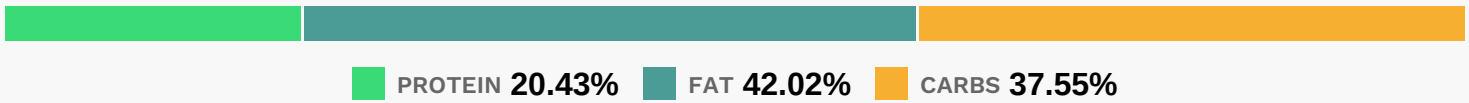
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Shave thorns from cactus pads with a vegetable peeler, leaving green skin; cut cactus pads into thin strips.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add cactus and garlic; saut 7 minutes or until cactus is tender.
- ☐ Combine cactus mixture, beans, and next 7 ingredients (beans through tomatoes). Arrange 1 1/2 cups lettuce on each of 4 plates; top each serving with 1/2 cup cactus mixture, 1 1/2 tablespoons cheese, and about 2 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:61.52, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:11.144782677941%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 137.03kcal (6.85%), Fat: 6.71g (10.32%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 9.67g (3.52%), Sugar: 5.61g (6.24%), Cholesterol: 15.98mg (5.33%), Sodium: 275.59mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin K: 42.04µg (40.04%), Vitamin A: 1325.79IU (26.52%), Calcium: 177.88mg (17.79%), Vitamin C: 14.62mg (17.72%), Phosphorus: 158.06mg (15.81%), Fiber: 3.81g (15.26%), Manganese: 0.3mg (15.16%), Folate: 59.56µg (14.89%), Potassium: 432.71mg (12.36%), Vitamin B1: 0.12mg (7.85%), Magnesium: 30.75mg (7.69%), Selenium: 5.33µg (7.62%), Vitamin B6: 0.15mg (7.47%), Iron: 1.34mg (7.43%), Vitamin B2: 0.12mg (7.15%), Zinc: 1.05mg (6.97%), Vitamin B12: 0.4µg (6.59%), Copper: 0.13mg (6.27%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.6µg (3.99%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.29mg (2.91%)