



Carne Asada Salad



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large avocado diced sliced
- ☐ 0.5 cup black beans
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 cup regular corn
- ☐ 0.3 cup cotija crumbled
- ☐ 0.5 teaspoon cumin toasted
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 jalapeño diced finely

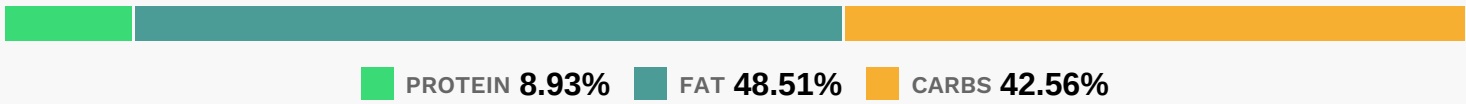
- ☐ 1 juice of lime
- ☐ 1 juice of orange
- ☐ 2 tablespoons oil
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 cup pico de gallo
- ☐ 1 head romaine lettuce sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 up mexican mojo dressing (see below)

Equipment

Directions

- ☐ Assemble the salad, toss in the dressing and enjoy!

Nutrition Facts



Properties

Glycemic Index:85.13, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:25.234347872112%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 295.12kcal (14.76%), Fat: 17.43g (26.81%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 25.07g (9.11%), Sugar: 12.55g (13.94%), Cholesterol: 8.37mg (2.79%), Sodium: 1013.87mg

(44.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Vitamin A: 14270.22IU (285.4%), Vitamin K: 179.26µg (170.73%), Folate: 299.58µg (74.9%), Fiber: 9.34g (37.37%), Vitamin C: 29.8mg (36.12%), Manganese: 0.54mg (27.06%), Potassium: 818.57mg (23.39%), Vitamin B6: 0.38mg (18.76%), Vitamin E: 2.65mg (17.69%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.29mg (16.78%), Phosphorus: 159.23mg (15.92%), Magnesium: 63.47mg (15.87%), Iron: 2.76mg (15.34%), Vitamin B5: 1.28mg (12.79%), Copper: 0.25mg (12.59%), Calcium: 125.01mg (12.5%), Vitamin B3: 2.03mg (10.13%), Zinc: 1.38mg (9.18%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.16µg (2.64%)