



## Chopped Salad with Tortilla Chips and Avocado Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 avocado divided
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 small onion red thinly sliced
- 10 oz torn salad greens
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely
- 2 tomatoes cut into wedges
- 0.8 cup tortilla chips crushed

# Equipment

bowl

# Directions

Mash half the avocado in small bowl.

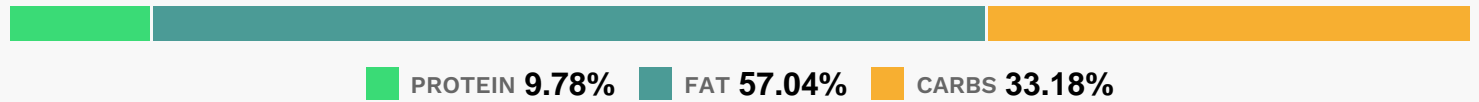
Add dressing; mix well.

Chop remaining avocado. Toss with salad greens, cheese, onions and tomatoes in large bowl.

Add dressing mixture and chips; mix lightly.

Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:22, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:10.62608687774%

# Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

# Nutrients (% of daily need)

Calories: 213.24kcal (10.66%), Fat: 14.12g (21.73%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 14.82g (5.39%), Sugar: 2.86g (3.18%), Cholesterol: 16.69mg (5.56%), Sodium: 375.18mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Vitamin C: 20.65mg (25.03%), Vitamin A: 1010.46IU (20.21%), Vitamin K: 19.14µg (18.22%), Folate: 60.23µg (15.06%), Fiber: 3.67g (14.67%), Phosphorus: 145.35mg (14.53%), Vitamin B2: 0.25mg (14.46%), Vitamin B6: 0.28mg (13.96%), Calcium: 125.32mg (12.53%), Potassium: 400.31mg (11.44%), Vitamin E: 1.67mg (11.15%), Vitamin B5: 0.92mg (9.21%), Manganese: 0.18mg (9.19%), Magnesium: 36.47mg (9.12%), Zinc: 1.14mg (7.63%), Vitamin B1: 0.11mg (7.13%), Vitamin B3: 1.42mg (7.08%), Copper: 0.14mg (6.84%), Selenium: 4.01µg (5.73%), Iron: 0.98mg (5.43%), Vitamin B12: 0.32µg (5.28%)