



Confetti Corn Chip Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 oz pinto beans drained and rinsed canned
- ☐ 16 oz catalina salad dressing
- ☐ 10 oz corn chips
- ☐ 1 cup bell pepper diced green
- ☐ 0.5 cup onion chopped
- ☐ 1 cup bell pepper diced red
- ☐ 1 tomatoes diced
- ☐ 1 cup bell pepper diced yellow

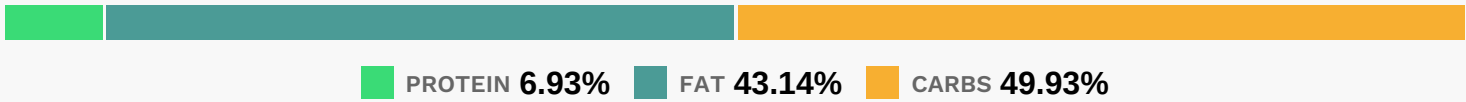
Equipment

Directions

☐

Mix all ingredients together; stir well and serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:15.45173912463%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg 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: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 471.05kcal (23.55%), Fat: 22.62g (34.8%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 51.02g (18.55%), Sugar: 18.34g (20.37%), Cholesterol: 0mg (0%), Sodium: 1189.13mg (51.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin C: 76.63mg (92.89%), Fiber: 7.86g (31.45%), Manganese: 0.61mg (30.51%), Vitamin E: 3.66mg (24.38%), Phosphorus: 192.7mg (19.27%), Magnesium: 71.96mg (17.99%), Vitamin A: 817.59IU (16.35%), Potassium: 526.42mg (15.04%), Vitamin B6: 0.29mg (14.73%), Copper: 0.27mg (13.39%), Iron: 2.38mg (13.24%), Folate: 49.53µg (12.38%), Calcium: 111.25mg (11.13%), Zinc: 1.24mg (8.25%), Vitamin K: 8.16µg (7.77%), Vitamin B1: 0.11mg (7.45%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.49mg (4.89%), Vitamin B2: 0.08mg (4.54%), Selenium: 2.82µg (4.03%)