



## Creamy Ranch Pico de Gallo Bean Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



502 kcal

SIDE DISH

### Ingredients

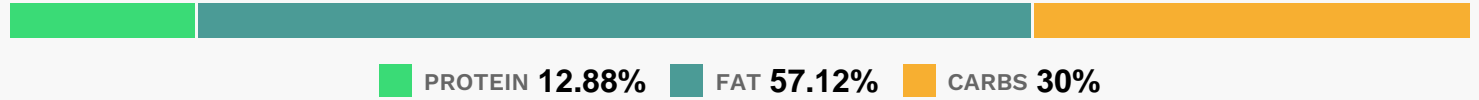
- 4 slices oscar mayer bacon crumbled cooked
- 15 oz pinto beans drained canned
- 2 Tbsp cilantro leaves chopped
- 0.3 cup onion chopped
- 0.3 cup lite ranch dressing kraft
- 0.5 cup tomatoes seeded chopped

### Equipment

## Directions

- Mix all ingredients until well blended.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:71, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:17.308695611746%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

## Nutrients (% of daily need)

Calories: 501.63kcal (25.08%), Fat: 32.1g (49.39%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 27.36g (9.95%), Sugar: 5.41g (6.01%), Cholesterol: 36.84mg (12.28%), Sodium: 1134.25mg (49.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Vitamin K: 48.93µg (46.6%), Fiber: 10.58g (42.32%), Manganese: 0.76mg (38.18%), Phosphorus: 329.7mg (32.97%), Potassium: 812.72mg (23.22%), Magnesium: 83.15mg (20.79%), Copper: 0.4mg (19.97%), Iron: 3.55mg (19.7%), Vitamin B1: 0.26mg (17.32%), Vitamin B6: 0.34mg (16.89%), Folate: 61.86µg (15.47%), Vitamin E: 2.28mg (15.22%), Selenium: 10µg (14.28%), Vitamin B3: 2.6mg (13.02%), Zinc: 1.86mg (12.4%), Calcium: 119.13mg (11.91%), Vitamin C: 8.18mg (9.91%), Vitamin B5: 0.83mg (8.33%), Vitamin A: 365.36IU (7.31%), Vitamin B2: 0.11mg (6.4%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.21µg (1.37%)