



Cryin' Cactus Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 15 oz hominy yellow drained canned
- ☐ 0.3 cup chipotle chili hot sauce
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.5 cup orange juice
- ☐ 7 oz roasted peppers red cut into 1/2-inch strips
- ☐ 4 quarts romaine lettuce pieces
- ☐ 1 cup scotch bonnet chili hot sauce such as papaya

- ☐ 4 tomatillos husked thinly sliced ()
- ☐ 15 oz nopalitos rinsed drained
- ☐ 15 oz nopalitos rinsed drained

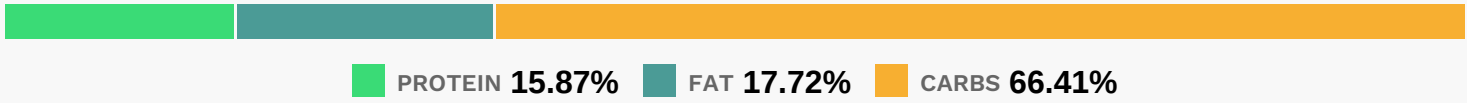
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Place romaine lettuce in a large, shallow bowl. Arrange nopalitos, hominy, red peppers, and tomatillos on top. Set aside.
- ☐ In a blender, whirl orange juice, reduced-fat mayonnaise, and chipotle and habanero hot sauces until smooth. Set aside.
- ☐ Squeeze chorizo from casings into a 10- to 12-inch frying pan over medium-high heat; discard casings. Break into chunks with a spoon and stir often until brown and crisp, 10 to 12 minutes.
- ☐ Drain on paper towels.
- ☐ Scatter chorizo over salad. Stir cilantro into chili dressing. At the table, add dressing to salad and mix to coat.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:38.865217353987%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg

Nutrients (% of daily need)

Calories: 251.24kcal (12.56%), Fat: 5.56g (8.55%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 27.57g (10.02%), Sugar: 17.93g (19.92%), Cholesterol: 1.49mg (0.5%), Sodium: 837.48mg (36.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.39%), Vitamin A: 55582.35IU (1111.65%), Vitamin K: 660.07µg (628.64%), Folate: 881.34µg (220.33%), Vitamin C: 110.3mg (133.7%), Fiber: 19.3g (77.21%), Manganese: 1.19mg (59.65%), Potassium: 1845.63mg (52.73%), Iron: 7.43mg (41.26%), Vitamin B6: 0.75mg (37.51%), Vitamin B1: 0.52mg (34.83%), Magnesium: 119.4mg (29.85%), Vitamin B2: 0.49mg (28.54%), Phosphorus: 251.46mg (25.15%), Calcium: 238.88mg (23.89%), Copper: 0.45mg (22.35%), Zinc: 2.42mg (16.16%), Vitamin B3: 3.17mg (15.87%), Vitamin B5: 1.18mg (11.76%), Vitamin E: 1.43mg (9.53%), Selenium: 5.32µg (7.61%)