



Emily's Dressing for Taco Salad



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



82 kcal

SALAD

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 cup picante sauce to taste
- ☐ 0.3 cup salad dressing ranch-style
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

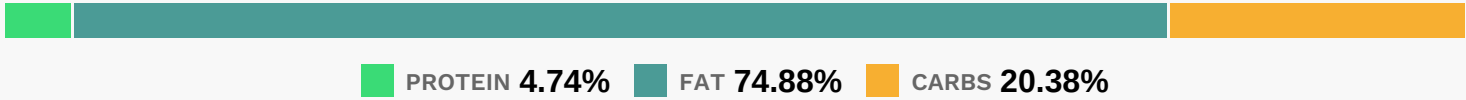
- ☐ bowl

Directions

☐

Mix sour cream, ranch dressing, picante sauce, and chili powder in a bowl until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.203043466029%

Nutrients (% of daily need)

Calories: 81.56kcal (4.08%), Fat: 7g (10.78%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.05g (3.39%), Cholesterol: 13.57mg (4.52%), Sodium: 296.01mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin K: 8.12µg (7.74%), Vitamin A: 301.97IU (6.04%), Vitamin E: 0.7mg (4.67%), Vitamin B6: 0.06mg (3.24%), Calcium: 32.37mg (3.24%), Potassium: 107.65mg (3.08%), Vitamin B2: 0.05mg (2.82%), Phosphorus: 27.86mg (2.79%), Fiber: 0.5g (2.01%), Selenium: 1.34µg (1.91%), Manganese: 0.04mg (1.86%), Magnesium: 6.94mg (1.73%), Vitamin B3: 0.34mg (1.7%), Vitamin B5: 0.13mg (1.31%), Copper: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.09%)