



Fajita Layered Salad

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz beef frozen thawed cooked
- 1 large bell pepper cut into strips
- 9 oz chicken breast strips/pre-cooked/chopped frozen thawed cooked
- 12 oz guacamole refrigerated
- 16 oz lettuce
- 1 small onion sliced
- 4 large plum tomatoes sliced (Roma)
- 8 oz cheddar cheese shredded

1.5 cups cream sour

Equipment

glass baking pan

Directions

In 13x9-inch (3-quart) glass baking dish, layer lettuce, chicken and beef; press lightly.

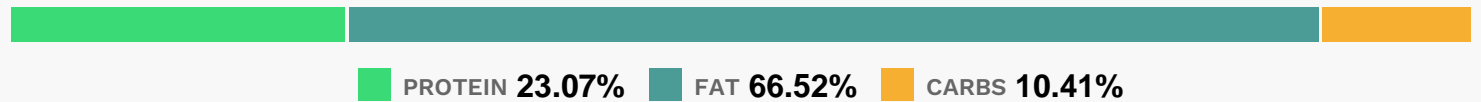
Layer guacamole, bell pepper, onion and 1 cup of the cheese over beef.

Spread sour cream over cheese.

Sprinkle with tomatoes and remaining 1 cup cheese.

Cover; refrigerate about 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:20.26565230411%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 425.07kcal (21.25%), Fat: 31.99g (49.21%), Saturated Fat: 13.51g (84.43%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 6.78g (2.46%), Sugar: 5.01g (5.57%), Cholesterol: 103.55mg (34.52%), Sodium: 255.11mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin C: 37.36mg (45.29%), Vitamin A: 1806.4IU (36.13%), Vitamin B3: 6.98mg (34.9%), Selenium: 23.5µg (33.57%), Phosphorus: 334.48mg (33.45%), Vitamin B6: 0.56mg (27.98%), Calcium: 276.37mg (27.64%), Vitamin K: 28.08µg (26.74%), Vitamin B2: 0.38mg (22.13%), Zinc: 3.31mg (22.07%), Vitamin B12: 1.18µg (19.7%), Folate: 78.68µg (19.67%), Potassium: 659.18mg

(18.83%), Fiber: 4.48g (17.92%), Vitamin B5: 1.48mg (14.75%), Vitamin E: 2.07mg (13.79%), Magnesium: 49.68mg (12.42%), Manganese: 0.22mg (10.85%), Iron: 1.68mg (9.35%), Vitamin B1: 0.13mg (8.75%), Copper: 0.17mg (8.62%), Vitamin D: 0.23µg (1.56%)