



Fiesta Salad

READY IN



40 min.

SERVINGS



8

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large avocados ripe
- ☐ 2.3 ounce olives black ripe drained sliced canned
- ☐ 1 tablespoon chili powder
- ☐ 1 pound ground pork
- ☐ 1 pound ground beef lean
- ☐ 1.5 teaspoons juice of lemon
- ☐ 10 ounce salad greens mixed
- ☐ 8 ounce gorgonzola dip french
- ☐ 2 ounce onion soup-and-dip mix

- ☐ 12 ounce chunky salsa
- ☐ 4 ounces cheddar cheese shredded
- ☐ 8 servings garnish: tomato wedges
- ☐ 9 ounce tortilla chips divided
- ☐ 0.8 cup water

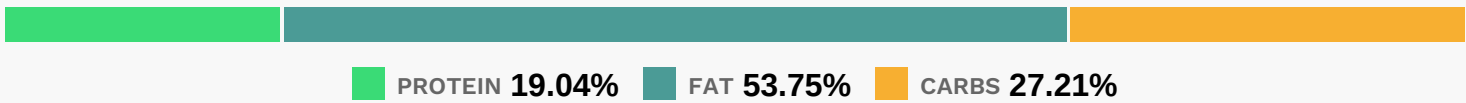
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook ground beef and pork in a large skillet over medium-high heat, stirring until meat crumbles and is no longer pink; drain and return to skillet. Stir in 3/4 cup water, onion soup-and-dip mix, and chili powder; reduce heat, and simmer 6 to 7 minutes or until liquid evaporates.
- ☐ Remove from heat, and set aside.
- ☐ Cut avocados in half. Scoop pulp into a bowl; mash with a fork just until slightly chunky. Stir in onion dip and lemon juice. Coarsely crush half of tortilla chips.
- ☐ Spread crushed chips evenly in 8 serving dishes; top with salad greens, meat mixture, and avocado mixture. Spoon 1/4 cup pico de gallo onto each salad, and sprinkle evenly with cheese and olives.
- ☐ Garnish, if desired.
- ☐ Serve immediately with remaining half of chips.
- ☐ Note: For testing purposes only, we used Lipton Recipe Secrets Onion Recipe Soup & Dip
- ☐ Mix for onion soup-and-dip mix.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:2.3, Inflammation Score:-9, Nutrition Score:30.103478449842%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 658.87kcal (32.94%), Fat: 40.16g (61.78%), Saturated Fat: 13.03g (81.47%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 37.43g (13.61%), Sugar: 10.38g (11.53%), Cholesterol: 90.15mg (30.05%), Sodium: 1359.39mg (59.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64.01%), Vitamin A: 2584.34IU (51.69%), Vitamin C: 40.53mg (49.13%), Phosphorus: 449.67mg (44.97%), Vitamin B6: 0.87mg (43.64%), Selenium: 30.2µg (43.15%), Vitamin B1: 0.62mg (41.47%), Vitamin B3: 8.23mg (41.14%), Zinc: 5.92mg (39.49%), Potassium: 1234.04mg (35.26%), Fiber: 8.33g (33.32%), Vitamin K: 33.22µg (31.63%), Vitamin B12: 1.82µg (30.29%), Vitamin E: 4.1mg (27.33%), Vitamin B2: 0.46mg (26.83%), Magnesium: 99.03mg (24.76%), Folate: 93.99µg (23.5%), Calcium: 231.8mg (23.18%), Vitamin B5: 2.15mg (21.52%), Manganese: 0.41mg (20.28%), Iron: 3.64mg (20.24%), Copper: 0.37mg (18.62%)