



Fiesta Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados diced
- ☐ 1.5 cups cherry tomato halves chopped
- ☐ 2 green onions chopped
- ☐ 10 cup torn romaine lettuce leaves (1 large head)
- ☐ 1 cup tortilla chips crushed

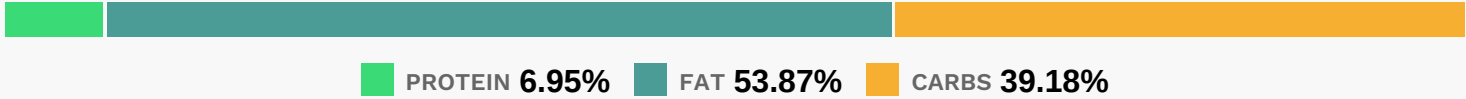
Equipment

- ☐ bowl

Directions

☐ Toss together first 4 ingredients in a large bowl. Top with crushed tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:16.128695508708%

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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 164.23kcal (8.21%), Fat: 10.58g (16.27%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 11.66g (4.24%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 58.92mg (2.56%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin A: 5357.45IU (107.15%), Vitamin K: 80.77µg (76.92%), Folate: 127.88µg (31.97%), Fiber: 5.65g (22.6%), Vitamin C: 14.31mg (17.34%), Potassium: 484.17mg (13.83%), Vitamin E: 1.8mg (11.98%), Vitamin B6: 0.22mg (11.11%), Vitamin B5: 0.99mg (9.9%), Manganese: 0.2mg (9.83%), Magnesium: 37.99mg (9.5%), Phosphorus: 85.03mg (8.5%), Copper: 0.16mg (8.05%), Vitamin B2: 0.12mg (7.25%), Iron: 1.3mg (7.22%), Vitamin B1: 0.11mg (7.19%), Vitamin B3: 1.34mg (6.72%), Zinc: 0.71mg (4.71%), Calcium: 45.89mg (4.59%), Selenium: 1.23µg (1.75%)