



Fiesta Taco Salad with Beans

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 1 cup corn chips
- 1 medium bell pepper green cut into strips
- 0.5 cup sauce
- 6 cups lettuce
- 0.5 cup olives pitted ripe drained
- 4 oz cheddar cheese shredded
- 0.5 cup thousand island dressing reduced-fat

2 medium tomatoes cut into wedges

Equipment

bowl

sauce pan

Directions

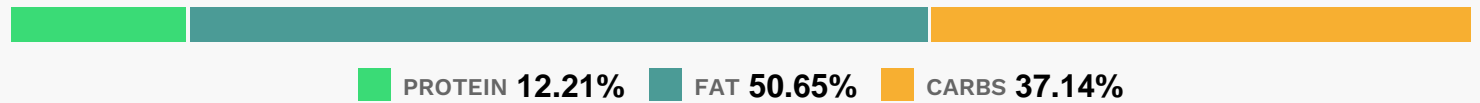
In 2-quart saucepan, heat beans and taco sauce over medium heat 4 to 5 minutes, stirring occasionally, until heated.

In large bowl, toss lettuce, bell pepper, tomatoes, olives and corn chips. Spoon bean mixture over lettuce mixture; toss.

Sprinkle with cheese.

Serve immediately with dressing.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:18.929130396117%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 433.69kcal (21.68%), Fat: 24.96g (38.4%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 31.92g (11.61%), Sugar: 13.03g (14.48%), Cholesterol: 29.18mg (9.73%), Sodium: 1312.19mg (57.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Vitamin K: 45.59µg (43.42%), Vitamin B1: 0.56mg (37.6%), Vitamin C: 30.59mg (37.08%), Fiber: 9.25g (37%), Phosphorus: 271.01mg (27.1%), Vitamin A: 1268.08IU (25.36%), Calcium: 248.52mg (24.85%), Manganese: 0.48mg (24%), Folate: 93.27µg (23.32%), Vitamin E: 3.47mg (23.11%), Potassium: 617.25mg (17.64%), Magnesium: 65.89mg (16.47%), Vitamin B2: 0.27mg (15.82%), Iron: 2.79mg (15.51%), Copper: 0.27mg (13.55%), Selenium: 9.44µg (13.49%), Zinc: 1.83mg (12.22%), Vitamin

B6: 0.22mg (11.25%), Vitamin B3: 1.34mg (6.68%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.24µg (4.01%)