



Fiesta Taco Salad with Beans

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.5 cup cheddar cheese
- ☐ 6 cups lettuce
- ☐ 1 medium bell pepper green cut into strips
- ☐ 2 medium tomatoes cut into wedges
- ☐ 0.5 cup olives pitted ripe drained
- ☐ 1 cup corn chips
- ☐ 4 oz cheddar cheese shredded

☐ 0.5 cup thousand island dressing reduced-fat

Equipment

☐ bowl

☐ sauce pan

Directions

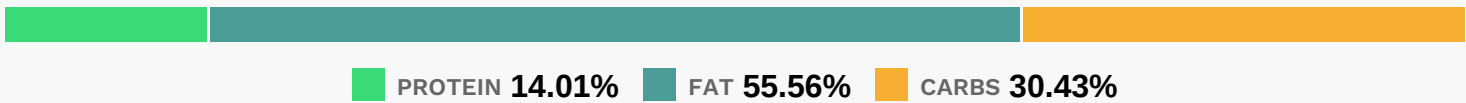
☐ In 2-quart saucepan, heat beans and taco sauce over medium heat 4 to 5 minutes, stirring occasionally, until heated.

☐ 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:20.078261012616%

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: 444.92kcal (22.25%), Fat: 28.13g (43.27%), Saturated Fat: 8.67g (54.21%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 25.42g (9.24%), Sugar: 7.7g (8.56%), Cholesterol: 39.82mg (13.27%), Sodium: 1096.27mg (47.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.91%), Vitamin K: 45.87µg (43.68%), Vitamin B1: 0.57mg (37.77%), Vitamin C: 30.59mg (37.08%), Fiber: 9.25g (37%), Calcium: 322.33mg (32.23%), Phosphorus: 320.06mg (32.01%), Vitamin A: 1341.89IU (26.84%), Manganese: 0.48mg (24.12%), Folate: 94.73µg (23.68%), Vitamin E: 3.49mg (23.29%), Potassium: 626.77mg (17.91%), Vitamin B2: 0.3mg (17.91%), Magnesium: 68.69mg (17.17%), Selenium: 11.12µg (15.89%), Iron: 2.86mg (15.88%), Zinc: 2.17mg (14.47%), Copper: 0.27mg (13.69%), Vitamin

B6: 0.23mg (11.59%), Vitamin B3: 1.35mg (6.75%), Vitamin B12: 0.38µg (6.3%), Vitamin B5: 0.53mg (5.26%), Vitamin D: 0.19µg (1.28%)