



Healthy Taco Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado chopped
- ☐ 2 bell pepper seeded chopped
- ☐ 15 oz pinto beans drained and rinsed canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 10 servings hot sauce
- ☐ 2 cups vegetable stock dry with 2/3 cup ; cook in 1 1/2 cups low-sodium chicken or vegetable broth) cooked
- ☐ 1 cup roasted chicken shredded skinless chopped (if you leave it out, add an extra cup of beans)
- ☐ 4 cups the salad

- ☐ 1 cup salsa
- ☐ 10 servings salt and pepper
- ☐ 0.3 cup sharp cheddar cheese shredded

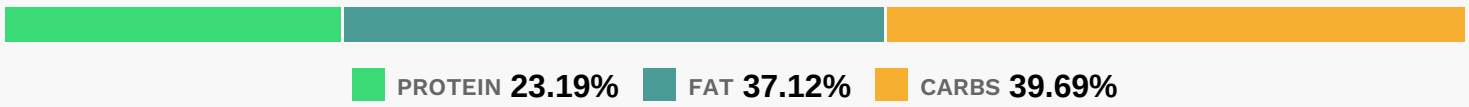
Equipment

- ☐ bowl

Directions

- ☐ Divide greens among 4 bowls. In a large bowl, gently toss together remaining ingredients, except hot sauce.
- ☐ Divide bean mixture among bowls with greens. Pass hot sauce at the table, if desired.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:10.073913013806%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 120.6kcal (6.03%), Fat: 5.21g (8.02%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 8.27g (3.01%), Sugar: 2.97g (3.3%), Cholesterol: 13.32mg (4.44%), Sodium: 704.49mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin C: 37.07mg (44.94%), Vitamin A: 1220.8IU (24.42%), Fiber: 4.27g (17.09%), Vitamin B6: 0.27mg (13.53%), Manganese: 0.25mg (12.34%), Folate: 45.74µg (11.44%), Potassium: 394.51mg (11.27%), Phosphorus: 110.19mg (11.02%), Vitamin B3: 2.18mg (10.91%), Vitamin E: 1.38mg (9.17%), Magnesium: 32.11mg (8.03%), Vitamin K: 7.69µg (7.32%), Copper: 0.15mg (7.26%), Iron: 1.23mg (6.81%), Selenium: 4.65µg (6.64%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.1mg (6.04%), Calcium: 55.26mg (5.53%), Zinc: 0.83mg (5.53%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.07µg (1.18%)