



Layered Mexican Cornbread Salads

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



711 kcal

SIDE DISH

Ingredients

- 2 avocado pitted peeled chopped
- 15 oz black beans rinsed drained canned
- 0.5 cup canola oil
- 1 tablespoon canola oil
- 4 servings pepper black freshly ground to taste
- 1 pouch just-add-water cornbread mix
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic

- 0.5 teaspoon ground cumin
- 1 tablespoon honey
- 1 tablespoons juice of lime fresh (1 medium)
- 1 mangos peeled chopped
- 1 pouch cornbread melted
- 1.5 cups the salad mixed
- 2 bell pepper red seeded chopped
- 0.5 cup onion red chopped
- 1 cup tomatoes chopped
- 15.3 oz corn whole drained canned

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven as directed on cornbread mix pouch. Make cornbread as directed on pouch, using milk, melted butter and egg.
- Cut one-fourth of cornbread into cubes; place on ungreased cookie sheet. Toss with 1 tablespoon canola oil.
- Bake 10 minutes or until edges are browned.
- Remove from cookie sheet to bowl.
- Meanwhile, in blender, place all Vinaigrette ingredients except salt and pepper. Cover; blend well. Stir in salt and pepper to taste.
- In 4 (8-oz) jars, layer Salad ingredients starting with mixed salad greens. Top each salad with 2 tablespoons Vinaigrette. Cover jars with lids; shake.
- Remove lids; top each with cornbread croutons. Cover jars again.
- Serve salads with slices of remaining cornbread.

Nutrition Facts

PROTEIN 8.78% FAT 39.52% CARBS 51.7%

Properties

Glycemic Index:85.01, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:34.594782445742%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 710.85kcal (35.54%), Fat: 32.4g (49.85%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 95.39g (31.8%), Net Carbohydrates: 75.08g (27.3%), Sugar: 26.69g (29.65%), Cholesterol: 1.14mg (0.38%), Sodium: 1012.21mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.39%), Vitamin C: 121.54mg (147.32%), Fiber: 20.31g (81.24%), Folate: 289.96µg (72.49%), Vitamin A: 3186.01IU (63.72%), Phosphorus: 503.94mg (50.39%), Manganese: 0.84mg (42.07%), Vitamin K: 41.53µg (39.55%), Potassium: 1373.97mg (39.26%), Vitamin E: 5.41mg (36.06%), Vitamin B1: 0.53mg (35.02%), Vitamin B6: 0.7mg (34.82%), Vitamin B3: 6.22mg (31.12%), Vitamin B2: 0.51mg (29.83%), Copper: 0.59mg (29.35%), Magnesium: 112.29mg (28.07%), Iron: 4.87mg (27.07%), Vitamin B5: 2.22mg (22.19%), Zinc: 2.17mg (14.48%), Calcium: 106.04mg (10.6%), Selenium: 5.31µg (7.59%)