



## Layered Mexican Party Salad

READY IN



30 min.

SERVINGS



12

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 3 tablespoons water
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 15 oz black beans rinsed drained canned
- 15.3 oz corn whole drained canned
- 4 cups the of 1 cos lettuce
- 12 oz guacamole refrigerated
- 6 oz crema mexicana shredded finely

- 3 plum tomatoes chopped (Roma)
- 2.3 oz olives ripe drained sliced canned
- 3 cups tortilla chips

## Equipment

- bowl
- sauce pan
- glass baking pan

## Directions

- Empty Pasta mix into 3–quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well. In medium bowl, stir together seasoning mix, oil, water and cumin. Stir in pasta, beans and corn.
- In 4–quart glass salad bowl or 13x9–inch glass baking dish, layer lettuce and pasta mixture.
- Spread guacamole evenly over top.
- Sprinkle with cheese and tomatoes; top with olives.
- Just before serving, arrange chips around edge of bowl.
- Serve immediately, or refrigerate.

## Nutrition Facts



**PROTEIN 8.25%** **FAT 46.87%** **CARBS 44.88%**

## Properties

Glycemic Index:6.92, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:11.259130426075%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## **Nutrients (% of daily need)**

Calories: 299.31kcal (14.97%), Fat: 16.15g (24.84%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 28.17g (10.25%), Sugar: 1.49g (1.65%), Cholesterol: 7.51mg (2.5%), Sodium: 436.25mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin A: 1624.79IU (32.5%), Vitamin K: 33.5µg (31.9%), Fiber: 6.61g (26.43%), Folate: 82.45µg (20.61%), Phosphorus: 141.94mg (14.19%), Vitamin E: 2.1mg (14%), Magnesium: 53.87mg (13.47%), Potassium: 421.61mg (12.05%), Manganese: 0.19mg (9.53%), Iron: 1.68mg (9.33%), Copper: 0.19mg (9.3%), Vitamin B1: 0.13mg (8.9%), Vitamin C: 7.17mg (8.69%), Vitamin B6: 0.17mg (8.51%), Vitamin B5: 0.84mg (8.37%), Calcium: 80.86mg (8.09%), Vitamin B2: 0.12mg (7.02%), Vitamin B3: 1.4mg (6.98%), Zinc: 0.94mg (6.29%), Selenium: 1.96µg (2.8%)