



## Layered Mexican Party Salad

READY IN



30 min.

SERVINGS



12

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 oz black beans rinsed drained canned
- 1 teaspoon ground cumin
- 12 oz guacamole refrigerated
- 3 cups tortilla chips
- 2.3 oz olives ripe drained sliced canned
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 3 plum tomatoes chopped (Roma)
- 4 cups the of 1 cos lettuce
- 6 oz cheddar cheese shredded finely

- 2 tablespoons vegetable oil
- 3 tablespoons water
- 15.3 oz corn whole drained canned

## 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 11.07%** **FAT 48.22%** **CARBS 40.71%**

## Properties

Glycemic Index:6.92, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:12.558260895636%

## 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: 324.82kcal (16.24%), Fat: 17.97g (27.65%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 27.54g (10.01%), Sugar: 1.22g (1.35%), Cholesterol: 13.47mg (4.49%), Sodium: 463.75mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.57%), Vitamin A: 1654.41IU (33.09%), Vitamin K: 33.85µg (32.24%), Fiber: 6.61g (26.43%), Folate: 84.29µg (21.07%), Phosphorus: 204.02mg (20.4%), Calcium: 151.59mg (15.16%), Magnesium: 57.41mg (14.35%), Vitamin E: 2.13mg (14.23%), Potassium: 433.66mg (12.39%), Iron: 1.76mg (9.79%), Manganese: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.67%), Copper: 0.19mg (9.48%), Zinc: 1.37mg (9.13%), Vitamin B1: 0.14mg (9.11%), Vitamin B6: 0.18mg (8.94%), Vitamin B5: 0.87mg (8.72%), Vitamin C: 7.17mg (8.69%), Vitamin B3: 1.41mg (7.06%), Selenium: 4.08µg (5.83%), Vitamin B12: 0.17µg (2.91%)