



Layered Mexican Salad

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups lettuce shredded
- 0.3 cup bell pepper green chopped
- 2 cups black bean garlic sauce
- 0.8 cup corn whole
- 1 medium avocado sliced
- 0.8 teaspoon lime zest grated
- 3 tablespoons juice of lime
- 2 tablespoons cilantro leaves fresh chopped

- 0.3 teaspoon salt
- 1 clove garlic crushed
- 0.8 cup vegetable oil

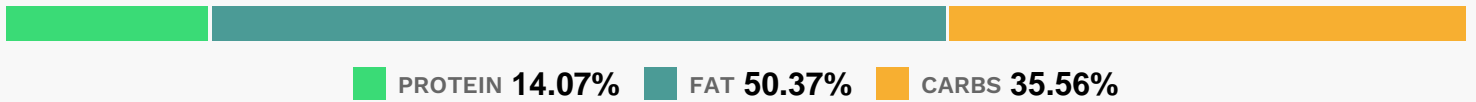
Equipment

- food processor
- bowl
- blender

Directions

- In medium bowl, layer lettuce, bell pepper, 1 1/4 cups of the salsa and the corn. Top with remaining 3/4 cup salsa and the avocado.
- In food processor or blender, process all vinaigrette ingredients except oil until mixed. Gradually pour in oil, processing until thick.
- Serve vinaigrette with salad.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:6.3604347952034%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 223.95kcal (11.2%), Fat: 12.95g (19.92%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 13.41g (4.88%), Sugar: 9.93g (11.03%), Cholesterol: 0mg (0%), Sodium: 134.52mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Fiber: 7.16g (28.62%), Vitamin K: 22.48µg (21.41%), Vitamin C: 13.34mg (16.17%), Iron: 1.97mg (10.96%), Folate: 39.49µg (9.87%), Vitamin E: 1.22mg (8.15%), Potassium: 235.84mg (6.74%), Vitamin B6: 0.12mg (6.08%), Manganese: 0.1mg (5.06%), Vitamin B5: 0.5mg (5.03%), Copper: 0.08mg (4.17%), Vitamin B3: 0.81mg (4.04%), Vitamin A: 182.82IU (3.66%), Magnesium: 14.64mg (3.66%), Vitamin B2: 0.06mg (3.24%), Phosphorus: 32.29mg (3.23%), Vitamin B1: 0.04mg (2.69%), Zinc: 0.32mg (2.12%), Calcium: 10.65mg (1.06%)