



Layered Southwest Cornbread-and-Turkey Salad

READY IN



45 min.

SERVINGS



6

CALORIES



842 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup buttermilk
- 15 ounce black beans rinsed drained canned
- 1 cup celery diced (3 celery ribs)
- 10 bacon crumbled cooked
- 6 ounce mexican cornbread mix
- 2 green onions sliced
- 8 ounce cheddar and monterey jack cheeses shredded with jalapeño peppers finely
- 16 ounce buttermilk-ranch dressing

- 1 onion red chopped
- 9 ounce romaine lettuce shredded
- 2 large tomatoes seeded chopped
- 0.8 pound turkey smoked chopped
- 11 ounce kernel corn sweet whole drained canned

Equipment

- bowl
- canning jar

Directions

- Prepare cornbread according to package directions; cool and crumble. Set aside.
- Stir together dressing and buttermilk until blended.
- Layer crumbled cornbread, shredded lettuce, and next 8 ingredients evenly into 6 (3- to 4-cup) glass containers; spoon half of dressing mixture evenly over tops. Cover and chill at least 3 hours or up to 24 hours.
- Sprinkle with green onions just before serving.
- Serve with remaining half of dressing mixture on the side.
- Note: For testing purposes only, we used 3-cup marquis-shaped canning jars with lid and screw ring. To find a retailer, visit www.leifheitusa.com, or call toll-free 1-866-695-
- Layer half each of crumbled cornbread, shredded lettuce, and next 8 ingredients in a large glass bowl; spoon half of dressing mixture evenly over top. Repeat layers, ending with dressing mixture. Cover and chill at least 8 hours or up to 24 hours.
- Sprinkle top with green onions just before serving. Prep: 45 min., Chill: 8 hrs.
- Note: For testing purposes only, we used Gladiola Mexican style cornbread mix and Ken's Steak House Buttermilk Ranch dressing.

Nutrition Facts

 PROTEIN 15.47%  FAT 60.87%  CARBS 23.66%

Properties

Glycemic Index:31.17, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:32.773043549579%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 842kcal (42.1%), Fat: 57.09g (87.83%), Saturated Fat: 15.95g (99.7%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 40.86g (14.86%), Sugar: 13.21g (14.68%), Cholesterol: 97.15mg (32.38%), Sodium: 1797.29mg (78.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.3%), Vitamin K: 165.36µg (157.49%), Vitamin A: 4723.87IU (94.48%), Phosphorus: 716.98mg (71.7%), Folate: 176.85µg (44.21%), Calcium: 396.48mg (39.65%), Selenium: 26.69µg (38.13%), Fiber: 9.04g (36.16%), Vitamin B3: 6.94mg (34.69%), Vitamin B2: 0.56mg (33.15%), Vitamin B6: 0.56mg (28.04%), Vitamin B1: 0.41mg (27.4%), Manganese: 0.51mg (25.5%), Potassium: 890.21mg (25.43%), Zinc: 3.38mg (22.56%), Iron: 3.85mg (21.4%), Magnesium: 83.62mg (20.91%), Vitamin B12: 1.15µg (19.17%), Vitamin C: 15.47mg (18.75%), Vitamin B5: 1.64mg (16.44%), Copper: 0.32mg (16.14%), Vitamin E: 2.38mg (15.83%), Vitamin D: 0.61µg (4.04%)