



Layered Southwestern Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 10 servings garnish: cilantro leaves fresh
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup juice of lime
- 0.5 cup olive oil
- 6 ounce olives ripe drained sliced canned
- 0.5 teaspoon pepper
- 5 plum tomatoes chopped

- 1 small purple onion chopped
- 16 ounce romaine lettuce shredded
- 0.5 teaspoon salt
- 8 ounce mexican 4-cheese blend shredded
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon sugar
- 2 cups tortilla chips crushed
- 15 ounce kernel corn whole with red and green peppers, drained canned

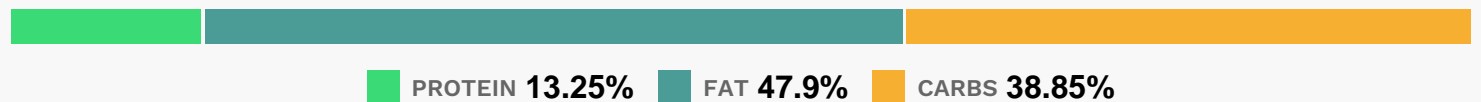
Equipment

- food processor
- bowl
- blender

Directions

- Process first 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- Layer lettuce and next 7 ingredients in a 3-quart glass bowl.
- Pour vinaigrette over salad just before serving, and gently toss.
- Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.11, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:17.82260895812%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 349.1kcal (17.45%), Fat: 19.17g (29.5%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 28.64g (10.42%), Sugar: 3.37g (3.75%), Cholesterol: 28.33mg (9.44%), Sodium: 837.12mg (36.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.87%), Vitamin A: 4548.92IU (90.98%), Vitamin K: 58.27µg (55.5%), Folate: 115.23µg (28.81%), Fiber: 6.34g (25.36%), Phosphorus: 250.26mg (25.03%), Calcium: 233.29mg (23.33%), Vitamin C: 12.65mg (15.33%), Magnesium: 59.74mg (14.93%), Vitamin E: 2.14mg (14.29%), Potassium: 483.37mg (13.81%), Manganese: 0.27mg (13.35%), Vitamin B2: 0.21mg (12.26%), Iron: 2.07mg (11.49%), Vitamin B1: 0.16mg (10.8%), Zinc: 1.58mg (10.56%), Copper: 0.2mg (9.79%), Selenium: 5.81µg (8.3%), Vitamin B6: 0.17mg (8.29%), Vitamin B3: 1.23mg (6.15%), Vitamin B5: 0.58mg (5.75%), Vitamin B12: 0.3µg (5.05%)