



Layered Tex-Mex Taco Salad

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado
- 15.5 oz black beans rinsed canned
- 1.5 cups four cheese shredded mexican style kraft finely
- 0.5 cup knudsen cream light sour
- 0.3 cup cilantro leaves fresh chopped
- 1 cup grape tomatoes cut in half
- 6 cups tightly iceberg lettuce packed coarsely chopped
- 0.5 cup miracle whip dressing

- 0.5 cup slivered onions red
- 1 Tbsp taco bellâ® taco seasoning mix

Equipment

- bowl

Directions

- Mix first 3 ingredients until blended.
- Layer beans, lettuce, onions, cheese and tomatoes in large bowl.
- Spread dressing mixture over salad.
- Refrigerate 2 hours.
- Chop avocado; spoon over salad just before serving.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:6.1778261169143%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 120.12kcal (6.01%), Fat: 7.01g (10.78%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 6.3g (2.29%), Sugar: 2.11g (2.34%), Cholesterol: 14.75mg (4.92%), Sodium: 278.64mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Fiber: 3.68g (14.71%), Vitamin K: 11.7µg (11.14%),

Calcium: 110.65mg (11.07%), Folate: 42.96µg (10.74%), Phosphorus: 106.05mg (10.6%), Vitamin A: 426.97IU (8.54%), Potassium: 257.66mg (7.36%), Vitamin B2: 0.12mg (7.21%), Manganese: 0.14mg (7.19%), Vitamin C: 4.91mg (5.96%), Selenium: 3.93µg (5.61%), Magnesium: 21.67mg (5.42%), Zinc: 0.77mg (5.12%), Copper: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.96%), Iron: 0.84mg (4.65%), Vitamin B6: 0.09mg (4.34%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.33mg (3.3%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.15µg (2.53%)