



Mexican Chopped Salad with Honey-Lime Dressing

 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings avocado diced ripe
- 15.5 oz black beans rinsed drained well canned
- 0.3 cup feta crumbled reduced-fat
- 2 tbsp cilantro leaves fresh finely chopped
- 0.8 cup ears corn fresh frozen canned uncooked (or or)
- 1 garlic clove minced peeled
- 2 tbsp honey

- 1 tsp jalapeno canned chopped for less heat (use)
- 0.8 cup jicama peeled chopped
- 0.3 cup juice of lime fresh
- 0.3 cup olive oil
- 1 tsp pepper canned chopped for less heat (use)
- 0.8 cup radishes thinly sliced
- 1 bell pepper red chopped
- 2.5 cups the of 1 cos lettuce chopped
- 0.8 cup tomatoes seeded chopped

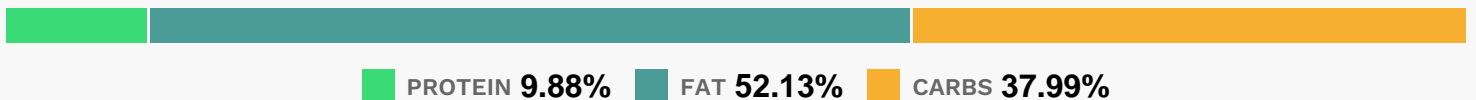
Equipment

- bowl

Directions

- Toss all salad ingredients in a large bowl. In separate bowl, mix dressing ingredients.
- Pour dressing over mixture and toss again. Season with salt and pepper to taste.
- Self

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:29.68478270199%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Luteolin: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 491.76kcal (24.59%), Fat: 30.37g (46.72%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 31.59g (11.49%), Sugar: 14.81g (16.46%), Cholesterol: 5.02mg (1.67%), Sodium: 532.37mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin C: 72.4mg (87.76%), Vitamin A: 3967.97IU (79.36%), Fiber: 18.21g (72.83%), Vitamin K: 65.11µg (62.01%), Folate: 227.91µg (56.98%), Potassium: 1222.62mg (34.93%), Manganese: 0.67mg (33.61%), Vitamin E: 4.89mg (32.62%), Vitamin B6: 0.52mg (26.18%), Copper: 0.49mg (24.58%), Magnesium: 96.07mg (24.02%), Phosphorus: 231.73mg (23.17%), Vitamin B1: 0.32mg (21.63%), Vitamin B2: 0.35mg (20.69%), Vitamin B5: 2.06mg (20.58%), Iron: 3.69mg (20.49%), Vitamin B3: 3.62mg (18.09%), Zinc: 1.7mg (11.33%), Calcium: 80.66mg (8.07%), Selenium: 2.68µg (3.82%)