



Mexican Cobb Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 1 cup baked tortilla chips crushed
- ☐ 16 ounce black beans rinsed drained canned
- ☐ 1 cup corn kernels fresh (2 large ears)
- ☐ 1 cup bell pepper diced green
- ☐ 8 cups steve's house greens mixed
- ☐ 1 cup jicama diced peeled
- ☐ 4 servings lime-cilantro vinaigrette

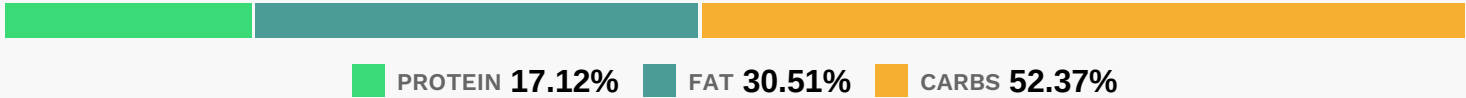
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 cup onion diced red
- ☐ 1 cup tomatoes diced

Equipment

Directions

- ☐ Place 2 cups of mixed salad greens on each of 4 plates. Arrange 1/4 cup tomato, 1/4 cup onion, 1/4 cup jicama, 1/4 cup bell pepper, 1/4 cup corn, 1/4 cup avocado, and one-fourth of beans in individual rows over the salad greens.
- ☐ Sprinkle 1/4 cup Monterey Jack cheese and 1/4 cup crushed chips over each salad.
- ☐ Drizzle 1/4 cup Lime-Cilantro Vinaigrette over each salad.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:27.313913008441%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 476.83kcal (23.84%), Fat: 16.84g (25.9%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 65.04g (21.68%), Net Carbohydrates: 48.91g (17.78%), Sugar: 7.12g (7.92%), Cholesterol: 25.23mg (8.41%), Sodium: 760.89mg (33.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.51%), Vitamin C: 74.51mg (90.31%), Fiber: 16.13g (64.54%), Phosphorus: 457.83mg (45.78%), Folate: 175.45µg (43.86%), Vitamin A: 1743.02IU (34.86%), Calcium: 335.37mg (33.54%), Manganese: 0.66mg (32.84%), Potassium: 1135.54mg (32.44%),

Magnesium: 124.46mg (31.12%), Vitamin B2: 0.47mg (27.94%), Vitamin B1: 0.39mg (26.24%), Vitamin B6: 0.51mg (25.43%), Iron: 4.27mg (23.7%), Copper: 0.47mg (23.58%), Zinc: 2.61mg (17.38%), Selenium: 11.24µg (16.06%), Vitamin B3: 3.11mg (15.55%), Vitamin K: 14.75µg (14.05%), Vitamin B5: 1.32mg (13.23%), Vitamin E: 1.61mg (10.72%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)