



Mexican Layered Salad

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 9 ounce just-add-water cornbread mix
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 8 servings garnish: green onion curls
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 head iceberg lettuce shredded
- ☐ 0.5 cup mayonnaise light

- ☐ 0.3 cup juice of lime
- ☐ 8 ounce cheddar cheese shredded reduced-fat
- ☐ 6 plum tomatoes chopped
- ☐ 1 large bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 11 ounce kernel corn whole drained canned

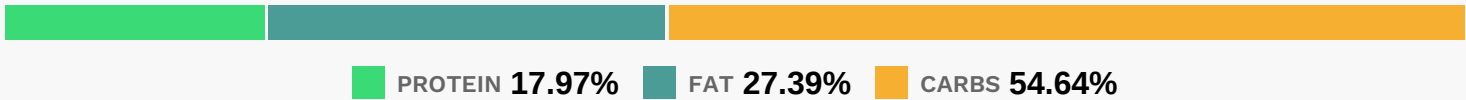
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Prepare cornbread mix according to package directions, adding chiles. Cool and crumble.
- ☐ Process light mayonnaise and next 4 ingredients in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Layer a 4-quart bowl with half of shredded lettuce, half of crumbled cornbread, one-third of mayonnaise mixture, and half each of black beans, corn, shredded Cheddar cheese, and next 3 ingredients. Repeat layers. Top with remaining mayonnaise mixture. Cover and chill 1 to 2 hours.
- ☐ Garnish, if desired.
- ☐ Note: Don't forget to buy the other ingredients that you'll need to make the cornbread.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:19.237825992315%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 325.79kcal (16.29%), Fat: 10.07g (15.5%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 37.05g (13.47%), Sugar: 10.93g (12.15%), Cholesterol: 8.83mg (2.94%), Sodium: 1038.75mg (45.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin C: 46.61mg (56.5%), Vitamin K: 55.09µg (52.47%), Phosphorus: 407.05mg (40.7%), Vitamin A: 1673.92IU (33.48%), Fiber: 8.17g (32.67%), Folate: 129.74µg (32.44%), Manganese: 0.44mg (22.01%), Vitamin B1: 0.29mg (19.22%), Calcium: 191.71mg (19.17%), Iron: 3.08mg (17.12%), Potassium: 582.04mg (16.63%), Vitamin B2: 0.28mg (16.41%), Magnesium: 52.18mg (13.04%), Vitamin B3: 2.46mg (12.32%), Vitamin B6: 0.24mg (11.96%), Copper: 0.21mg (10.65%), Selenium: 7.18µg (10.26%), Zinc: 1.41mg (9.43%), Vitamin E: 1.18mg (7.86%), Vitamin B5: 0.51mg (5.15%), Vitamin B12: 0.17µg (2.79%)