



Mexican Salad

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broken coarsely baked tortilla chips
- 15.5 oz black beans rinsed canned
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.5 cup knudsen cream sour
- 2 green onions sliced
- 16 oz torn iceberg lettuce
- 1 cup taco bellâ® & chunky salsa thick
- 4 tomatoes chopped

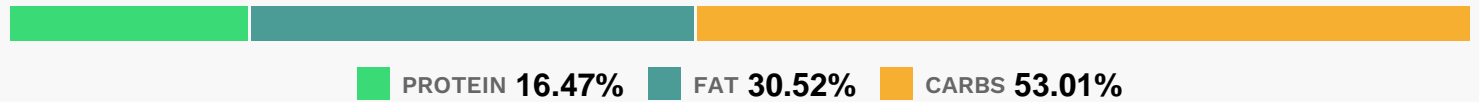
Equipment

bowl

Directions

- Layer lettuce, beans and tomatoes in large bowl.
- Mix salsa and sour cream until blended; spread over salad to edge of bowl.
- Sprinkle with cheese and onions. Refrigerate several hours.
- Sprinkle with chips just before serving; toss lightly.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:7.4495651398016%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 155.82kcal (7.79%), Fat: 5.41g (8.33%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 17.21g (6.26%), Sugar: 2.57g (2.85%), Cholesterol: 12.88mg (4.29%), Sodium: 350.89mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Fiber: 3.94g (15.78%), Phosphorus: 146.5mg (14.65%), Vitamin K: 14.3µg (13.62%), Vitamin A: 676.53IU (13.53%), Calcium: 117.38mg (11.74%), Folate: 37.77µg (9.44%), Magnesium: 36.83mg (9.21%), Potassium: 322.2mg (9.21%), Vitamin B2: 0.14mg (8.51%), Manganese: 0.17mg (8.37%), Vitamin C: 6.86mg (8.32%), Vitamin B1: 0.11mg (7.27%), Iron: 1.18mg (6.57%), Selenium: 4.54µg (6.49%), Vitamin B6: 0.12mg (6.21%), Copper: 0.12mg (5.88%), Zinc: 0.77mg (5.15%), Vitamin E: 0.62mg (4.16%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.09µg (1.49%)