



Mexican Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz no-salt-added black beans rinsed canned
- 4.5 oz oscar mayer deli turkey breast smoked fresh coarsely chopped ()
- 1 cup regular corn frozen thawed
- 0.5 cup lite ranch dressing kraft
- 0.5 cup onions red chopped
- 10 oz torn romaine lettuce
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup milk sharp cheddar cheese shredded 2% kraft

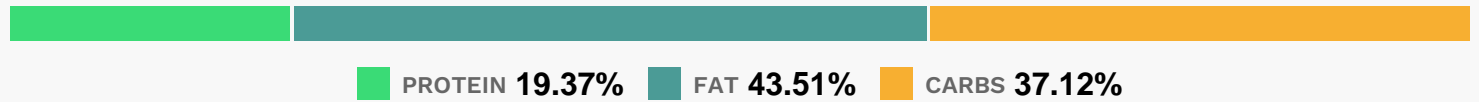
1 large tomatoes chopped

Equipment

Directions

- Cover platter with lettuce; top with next 6 ingredients.
- Mix dressing and salsa; drizzle over salad just before serving.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:8.7578260730142%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 130.53kcal (6.53%), Fat: 6.52g (10.03%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 8.96g (3.26%), Sugar: 1.64g (1.83%), Cholesterol: 12.33mg (4.11%), Sodium: 282.74mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin A: 1869.6IU (37.39%), Vitamin K: 31.62µg (30.11%), Folate: 77.43µg (19.36%), Fiber: 3.56g (14.25%), Phosphorus: 131.28mg (13.13%), Manganese: 0.21mg (10.36%), Magnesium: 33.91mg (8.48%), Potassium: 266.92mg (7.63%), Calcium: 75.63mg (7.56%), Vitamin B1: 0.11mg (7.16%), Iron: 1.06mg (5.91%), Copper: 0.11mg (5.7%), Zinc: 0.85mg (5.65%), Vitamin B2: 0.09mg (5.05%), Vitamin B6: 0.09mg (4.61%), Vitamin C: 3.77mg (4.57%), Selenium: 3.02µg (4.31%), Vitamin E: 0.43mg (2.87%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.26mg (2.57%), Vitamin B12: 0.09µg (1.56%)