



Mexican Salad with Jalapeño Dressing



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves packed
- ☐ 1 teaspoon honey
- ☐ 0.3 cup pickled jalapeño pepper sliced
- ☐ 3 cups lettuce shredded divided
- ☐ 0.3 cup olive oil
- ☐ 1 orange bell pepper diced seeded
- ☐ 1 small onion diced red

- ☐ 2 small tomatoes diced
- ☐ 6 tostada shells
- ☐ 1 tablespoon balsamic vinegar white
- ☐ 15.3 ounce regular corn white drained canned

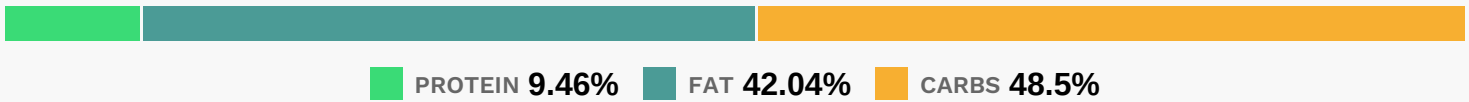
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place first 4 ingredients in a food processor or blender. Pulse 2 to 3 times or until blended. With processor on, slowly pour olive oil through food chute, processing until blended. Set dressing aside. Warm tostada shells according to package directions.
- ☐ Place 1 tostada shell on each plate; top each with 1/2 cup shredded lettuce, 1/4 cup black beans, 1/3 cup corn, 1/4 cup tomato, 1 tablespoon onion, and 2 tablespoons bell pepper. Spoon dressing evenly over salads.
- ☐ Serve with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:49.21, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:15.805651913518%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 348.85kcal (17.44%), Fat: 17.29g (26.59%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 35.41g (12.88%), Sugar: 10.21g (11.34%), Cholesterol: 0mg (0%), Sodium: 390.79mg

(16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Vitamin C: 42.98mg (52.1%), Fiber: 9.45g (37.8%), Manganese: 0.52mg (25.83%), Vitamin A: 1159.43IU (23.19%), Vitamin K: 23.08µg (21.98%), Folate: 86.83µg (21.71%), Phosphorus: 203.24mg (20.32%), Potassium: 647.88mg (18.51%), Vitamin B1: 0.27mg (17.97%), Magnesium: 70.89mg (17.72%), Vitamin E: 2.49mg (16.63%), Vitamin B6: 0.33mg (16.34%), Iron: 2.46mg (13.69%), Copper: 0.24mg (12.19%), Vitamin B3: 2.4mg (11.98%), Vitamin B2: 0.18mg (10.58%), Vitamin B5: 0.86mg (8.64%), Zinc: 1.18mg (7.84%), Calcium: 55.86mg (5.59%), Selenium: 2.04µg (2.92%)