



Mexicana Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados chopped
- 15 oz black beans rinsed canned
- 0.5 cup four cheese shredded mexican style kraft finely
- 2 cups cherry tomatoes halved
- 0.5 tsp ground cumin
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.5 cup onions red chopped
- 1 bell pepper yellow chopped

Equipment

bowl

Directions

- Mix dressing and cumin.
- Combine remaining ingredients in large bowl.
- Add dressing mixture; mix lightly.
- Serve immediately.

Nutrition Facts



PROTEIN 12.64% **FAT 52.77%** **CARBS 34.59%**

Properties

Glycemic Index:9.9, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:9.8395652246216%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 157.02kcal (7.85%), Fat: 9.69g (14.91%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 8.21g (2.98%), Sugar: 2.21g (2.46%), Cholesterol: 5.65mg (1.88%), Sodium: 284.85mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.45%), Vitamin C: 34.43mg (41.73%), Fiber: 6.09g (24.36%), Folate: 68.19µg (17.05%), Vitamin K: 13.84µg (13.18%), Potassium: 440.54mg (12.59%), Manganese: 0.22mg (10.9%), Phosphorus: 107.9mg (10.79%), Copper: 0.2mg (10.02%), Vitamin B6: 0.19mg (9.46%), Magnesium: 33.73mg (8.43%), Vitamin B2: 0.14mg (8.25%), Vitamin E: 1.22mg (8.12%), Iron: 1.4mg (7.77%), Vitamin B5: 0.73mg (7.28%), Vitamin B1: 0.11mg (7.2%), Calcium: 68.03mg (6.8%), Vitamin B3: 1.25mg (6.27%), Vitamin A: 290.78IU (5.82%), Zinc: 0.78mg (5.2%), Selenium: 2.7µg (3.86%)