



Mom's Hot Mexican Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce corn chips
- ☐ 1 tablespoon garlic powder
- ☐ 1 bell pepper diced green
- ☐ 4 ounce chiles diced green canned
- ☐ 1 tablespoon ground cumin
- ☐ 0.8 head iceberg lettuce dried shredded rinsed
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion diced

- ☐ 1 pound processed cheese food
- ☐ 1 cup tomato sauce
- ☐ 2 tomatoes chopped

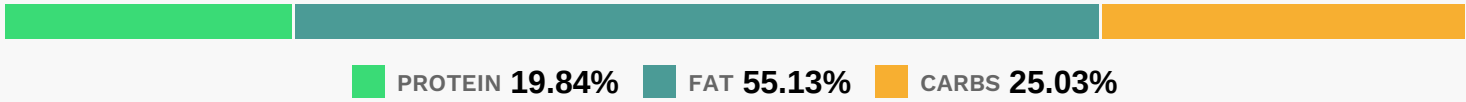
Equipment

- ☐ frying pan

Directions

- ☐ Place beef, onion, bell pepper, garlic and cumin in a large, deep skillet. Cook over medium high heat until hamburger is evenly brown.
- ☐ Drain any excess fat.
- ☐ Stir cheese, green chilies and tomato sauce into the beef mixture. Cook 5 minutes, or until cheese is melted.
- ☐ Equally divide lettuce among salad plates.
- ☐ Pour meat and cheese mixture over lettuce and garnish with chopped tomato and corn chips.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:27.553912743278%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 670.01kcal (33.5%), Fat: 41.69g (64.14%), Saturated Fat: 14.67g (91.68%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 38g (13.82%), Sugar: 5.31g (5.9%), Cholesterol: 109.43mg (36.48%), Sodium: 1505.89mg (65.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.52%), Calcium: 712.39mg (71.24%),

Phosphorus: 683.99mg (68.4%), Vitamin B12: 2.76µg (45.93%), Zinc: 6.79mg (45.26%), Selenium: 31.18µg (44.55%), Vitamin E: 5.58mg (37.19%), Vitamin C: 25.67mg (31.11%), Vitamin B6: 0.62mg (31.06%), Vitamin B3: 5.96mg (29.8%), Vitamin A: 1260.92IU (25.22%), Iron: 4.47mg (24.82%), Manganese: 0.48mg (23.97%), Magnesium: 92.73mg (23.18%), Potassium: 773.3mg (22.09%), Vitamin B2: 0.37mg (21.66%), Vitamin K: 21.97µg (20.92%), Fiber: 4.6g (18.4%), Vitamin B5: 1.31mg (13.13%), Copper: 0.24mg (12.09%), Folate: 47.65µg (11.91%), Vitamin B1: 0.13mg (8.98%), Vitamin D: 0.43µg (2.83%)