

Multi-Colored Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

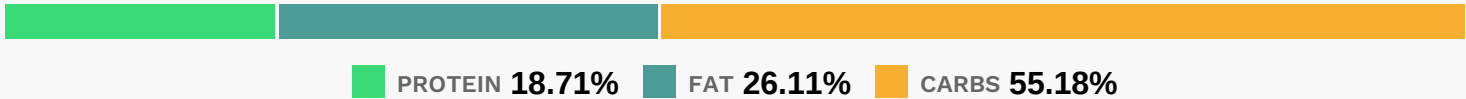
- ☐ 6 oz baby spinach leaves
- ☐ 15 oz black beans rinsed canned
- ☐ 14 oz canned tomatoes mexican-style drained canned
- ☐ 0.3 cup lite catalina dressing kraft
- ☐ 0.5 cup milk cheddar cheese shredded 2% kraft
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen thawed

Equipment

Directions

- ☐ Combine first 4 ingredients.
- ☐ Cover 6 salad plates with spinach.
- ☐ Top with tomato mixture, cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:19.743043422699%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 188.33kcal (9.42%), Fat: 5.75g (8.85%), Saturated Fat: 2.24g (14%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 19.81g (7.2%), Sugar: 5.83g (6.47%), Cholesterol: 9.42mg (3.14%), Sodium: 573.78mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Vitamin K: 142.73µg (135.93%), Vitamin A: 2943.83IU (58.88%), Fiber: 7.56g (30.24%), Folate: 120.22µg (30.06%), Manganese: 0.59mg (29.39%), Vitamin C: 18.13mg (21.97%), Potassium: 661.87mg (18.91%), Magnesium: 71.95mg (17.99%), Phosphorus: 178.98mg (17.9%), Iron: 3.19mg (17.71%), Copper: 0.31mg (15.63%), Calcium: 143.49mg (14.35%), Vitamin B2: 0.24mg (14.11%), Vitamin B1: 0.2mg (13.5%), Vitamin B6: 0.25mg (12.51%), Vitamin E: 1.49mg (9.93%), Vitamin B3: 1.93mg (9.64%), Zinc: 1.25mg (8.35%), Selenium: 4.49µg (6.42%), Vitamin B5: 0.46mg (4.56%), Vitamin B12: 0.1µg (1.66%)