



Pronto Nacho Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



907 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

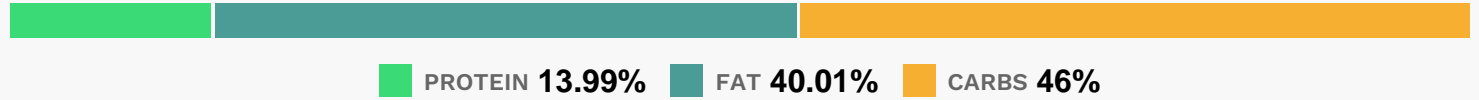
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 1 Tbsp green onion sliced
- 2 Tbsp lettuce shredded
- 2 Tbsp milk mild cheddar cheese shredded 2% kraft
- 3 Tbsp taco bellâ® & chunky salsa thick
- 1 Tbsp tomatoes chopped
- 1.3 cups reduced fat tortilla chips

Equipment

Directions

- Layer chips, cottage cheese, salsa, lettuce, tomato and onion on serving plate.
- Sprinkle with cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:23.837826096493%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 906.64kcal (45.33%), Fat: 41.29g (63.53%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 106.8g (35.6%), Net Carbohydrates: 97.38g (35.41%), Sugar: 7.46g (8.29%), Cholesterol: 34.52mg (11.51%), Sodium: 1485.38mg (64.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.96%), Phosphorus: 641.22mg (64.12%), Vitamin K: 53.86µg (51.29%), Calcium: 459.64mg (45.96%), Vitamin E: 6.14mg (40.9%), Fiber: 9.42g (37.69%), Magnesium: 147.49mg (36.87%), Selenium: 25.54µg (36.48%), Vitamin B2: 0.45mg (26.57%), Zinc: 3.71mg (24.77%), Vitamin B6: 0.48mg (23.89%), Vitamin B5: 2.22mg (22.24%), Vitamin A: 941.77IU (18.84%), Vitamin B1: 0.27mg (18.23%), Potassium: 614.49mg (17.56%), Vitamin B12: 1.03µg (17.16%), Iron: 2.87mg (15.93%), Folate: 53.9µg (13.47%), Copper: 0.24mg (11.86%), Vitamin B3: 2.13mg (10.63%), Manganese: 0.13mg (6.54%), Vitamin C: 5.01mg (6.07%), Vitamin D: 0.18µg (1.2%)