



Salpicon

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves chopped
- 0.5 cup knudsen cream sour
- 1 cup green onions chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 2 cups lettuce shredded finely
- 0.3 cup juice of lime
- 1.5 lb beef rump roast shredded cooked
- 1 cup tomatoes seeded chopped

24 corn tostada shells

Equipment

bowl

Directions

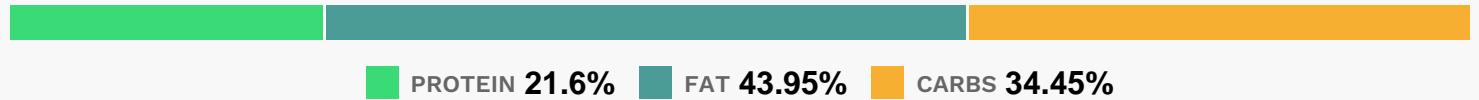
Toss all ingredients except tostadas and sour cream in large bowl; cover.

Refrigerate at least 30 minutes.

Spoon 1/4 cup of the meat mixture onto each tostada; top with 1 tsp. of the sour cream.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:11.529565261758%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 278.36kcal (13.92%), Fat: 13.83g (21.27%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 21.93g (7.97%), Sugar: 1.88g (2.09%), Cholesterol: 40.81mg (13.6%), Sodium: 319.76mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.57%), Vitamin B6: 0.52mg (26.03%), Vitamin K: 26.67µg (25.4%), Selenium: 16.99µg (24.27%), Vitamin B3: 4.5mg (22.52%), Phosphorus: 206.48mg (20.65%), Zinc: 2.88mg (19.19%), Vitamin B12: 1.07µg (17.82%), Vitamin B1: 0.19mg (12.53%), Magnesium: 44.33mg (11.08%), Iron: 1.91mg (10.63%), Potassium: 366mg (10.46%), Fiber: 2.45g (9.81%), Vitamin B2: 0.15mg (8.89%), Manganese: 0.18mg (8.78%), Vitamin A: 333.82IU (6.68%), Vitamin C: 5.32mg (6.45%), Copper: 0.13mg (6.34%), Calcium: 56.71mg (5.67%), Folate: 19.33µg (4.83%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.5mg (3.36%)