



 **53%**  
HEALTH SCORE

## Santa Fe Green Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon apple juice unsweetened
- 0.5 teaspoon chili powder
- 8.5 ounce no-salt-added whole-kernel corn drained canned
- 3 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon honey
- 0.5 cup julienne- jicama

- 1 tablespoon juice of lime
- 1 teaspoon olive oil
- 1 tablespoon nonfat yogurt plain
- 1 cup torn romaine lettuce
- 0.5 ounce sharp cheddar cheese shredded reduced-fat
- 1 cup torn spinach fresh
- 1 cup tomatoes seeded chopped
- 0.3 cup zucchini thinly sliced

## Equipment

- food processor
- bowl
- knife

## Directions

- Position knife blade in a miniature food processor bowl; add first 9 ingredients. Process until smooth, and set aside.
- Combine spinach and lettuce in a bowl; toss well.
- Place 1 cup salad greens on each of 2 salad plates.
- Combine tomato and next 3 ingredients in a small bowl. Spoon tomato mixture evenly over salad greens.
- Sprinkle each serving with 1 tablespoon cheese.
- Drizzle cilantro dressing mixture evenly over salads.

## Nutrition Facts



## Properties

Glycemic Index:131.01, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:20.179130607325%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## **Nutrients (% of daily need)**

Calories: 190.63kcal (9.53%), Fat: 6.46g (9.94%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 24.9g (9.05%), Sugar: 13.21g (14.68%), Cholesterol: 7.29mg (2.43%), Sodium: 331.44mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin K: 107.04µg (101.95%), Vitamin A: 4436.66IU (88.73%), Vitamin C: 29.27mg (35.47%), Folate: 128.86µg (32.21%), Fiber: 6.24g (24.95%), Manganese: 0.49mg (24.31%), Potassium: 646.47mg (18.47%), Phosphorus: 156.71mg (15.67%), Vitamin B2: 0.26mg (15.07%), Magnesium: 53.86mg (13.46%), Calcium: 119.24mg (11.92%), Vitamin B6: 0.23mg (11.55%), Iron: 1.95mg (10.81%), Vitamin E: 1.6mg (10.66%), Vitamin B3: 2.09mg (10.47%), Vitamin B1: 0.13mg (8.84%), Copper: 0.16mg (8.05%), Zinc: 1.19mg (7.94%), Vitamin B5: 0.73mg (7.35%), Selenium: 3.95µg (5.64%), Vitamin B12: 0.14µg (2.27%)